THE EXTRASENSORY POTENTIALS OF MIND

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PREFACE

Spiritually enlightened mind is said to be a source of divine potentials. Hidden beneath the core of the conscious mind, there lie the prodigious powers of the unconscious mind. Activation of the subtle centers in the brain and the endocrine system helps expression of the miraculous powers of the inner mind and manifestation of its extrasensory faculties in the gross world. Clairvoyance, precognition, knowledge of the hidden or the unseen, realization of the distant past or the future as happening in the present, extrasensory perceptions beyond the barriers of space-time constraints, are among the much talked of supernatural experiences. These also constitute the major cause of common curiosity on the one front and the focus of meticulous scientific inquisitiveness on the other.

The present book has brought in-depth details on the myths and realities of the extrasensory perceptions, supramental talents and supernormal experiences. It is compiled from the translation of the Chapter 6 of the Volume 18 of 'Pt. Shriram Sharma Acharya Vangmaya' series. The author has thoroughly attended to multiple aspects of the cosmic evolution of consciousness in the human body, spiritual transmutation of hidden intellect and activation of the extrasensory power centers like the *sahastrāra cakra* and the *ājňā cakra* by different kinds of *yoga sādhanās* with adept guidance. He has also discussed – along with evidential examples – the possibilities of sudden arousal of supernatural faculties because of the intrinsic mental tendencies and spiritual assimilation since past live(s), and the use of hypnotism and *yoganidrā* in psychic healing, understanding the complexities of human mind and awakening of latent talents.

Several sections are devoted here to the riddles of Nature posed by the mysterious experiences ranging from – the recurrence of past events at specific places, sudden appearance of a ruined kingdom, etc, to – the esoteric existence of *siddha piṭhas* (aroused hermitages) in the impregnable domains of the Himalayas, journey of the other worlds through the *black holes*, etc.

The author provides a marvelous combination of rare information and references from the ancient scriptures and modern scientific research findings. The ample collection of authentic examples on each topic adds to the lucidity and liveliness of the book. The perspicuous explanation and scientific elucidation of the *parā* and *aparā* forms of Nature, matter and anti-matter, realization of time as the fourth dimension, horizons of existence beyond the three dimensional space, etc presented here are truly remarkable. The book also offers us a unique opportunity of elevated scientific thinking and spiritual illumination of our mental realms. We certainly can't afford missing an engrossed reading of this peerless piece of knowledge.

– Dr. Pranav Pandya, MD

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The Wonders of the Negligible

The bigger need not always be mightier. Rather, it is often experienced by those who can think deeper that –– the subtler forms of matter and energy, and the subliminal currents of conscious force are exponentially more powerful than their gross manifestations. Equally noticeable is the fact that this power needs to be concentrated and used cautiously in a focused manner.

One kilogram of soil cannot do what an atom of its negligible particle could. What is an atom? An ensemble of orbiting electrons and the nuclear protons and neutrons or still subtler particles? Whatever be its decomposition, this subtle unit of matter is indeed a source of immense energy. All activities of the material world exist and are regulated by this atomic energy at the root.

The potency – the energy, of the drug constituents are given maximum importance in Homeopathy. Dr. Henimann, the founder of this system of medicine had pioneered the potency theory. Later on, Dr. Schussler had also emphasized similar facts in the principle of "Tissue Remedies".

Darwin, the father of the "Theory of Evolution" was also interested in the subtler fields of energy. Once a Dutch scientist had appraised him of the finding that even a one hundred thousandth fraction of a grain of Atropine affects the eyes… Darwin described his experience in affirmation, saying –– "In one experiment, I have seen how a millionth part of a milligram of Ammonia could stimulate an artery. A hundred and twenty millionth fraction of a tiny crystal of common salt also causes similar effects".

Dr. A. Singer had shown that whatever effect a milliliter of an acid would cause on the healthy body, similar would be the reaction of its two hundred thousandth milliliter. Dr. Schussler had shown that if one eats large quantity of salt, it would have instant negative reaction and also cause giddying heaviness and other harmful effects because only a negligible amount of salt is sufficient for normal activation of the cells. Larger concentrations of the same disturb the trans-membrane ionic currents along with other negative effects on the harmony of cellular and biochemical reactions.

If the ratio of hydrochloric acid in water is 1:100 at the body-temperature, then it would help easy digestion of the gluten of the pulses and fibril of other grains…But little rise in its concentration would rather suppress the digestive power instead. Still larger amount would be damaging… The iron content of milk is a very important factor in its being a healthy food. How much is this content? Almost a millionth fraction of a milligram of iron in 250 grams of milk!

It sounds negligible. But nature has adjusted everything so optimally. A little more of this amount would, on the contrary, make milk too heavy to be digested.

The vital role of the red blood corpuscles (RBC) in healthy maintenance of life is well known. The ideal component of iron in these cells is a major factor that accounts for the power of hemoglobin in the RBCs. This content also is very small. One RBC is about twelve millionth of an inch in size. A small drop of blood is constituted by about 0.3 million of such particles. How much iron could this tiny particle contain? Here again the subtle amount makes all the difference…

The root of manifestation of life in a human form is also so subtle… The zygote formed by conceiving of the sperm by the ovum is about a millionth of a cubic millimeter in size. Isn't it surprising that the marvelous creation of the human body is contained in such a microstructure – which can't even be seen without an electronic microscope?

The amount of radium available in the world might be around four to five ounce only. This element plays a key role in nuclear medicine and is crucial in some scientific and technological experiments. Its tiny amount, available on the earth so far, is estimated to be sufficient for all these applications for not less than next twenty five hundred years. Now, we can easily imagine how much of it is required for the crucial applications?

The bottle containing saffron smells of its heavenly incense even if emptied since long… The fragrance remains strong even if the bottle is washed several times. This again reflects the significant impact of the subliminal power of matter.

The gross world, the visible facts of life appear quite familiar, sundry, ordinary and unattractive. We hardly find anything special or important or exceptional here. But, if we pay a little attention and think little deep, we would find the excellence of order, inexplicable perfection, and absolute art of Nature in it. A new world, a new experience of life, beyond what we knew at superficial level would also express its existence as we enter deeper in our thoughts, knowledge, and realizations. The physical world as well as the subtle world of thoughts, sentiments and spiritual realization, every impulse of existence in the subliminal expansion of consciousness…, is unimaginably orgulous, astonishing, limitless source of knowledge.

Acquisition of greater knowledge and the realization and use of the hidden powers of the perceivable and subliminal forms of Nature, and spirituality could be possible. But, only if we endeavor sincerely to know more, experiment to search the deeper depths of the associated fields of knowledge and strive for

elucidation of the absolute truth. Such attempts in the domain of physical (material or perceivable) world have led to scientific understanding and developments. Those pertaining to the world of thoughts, sentiments and spirituality fall under the auspices of the *yoga-sādhanās* and provide the key to blissful enlightenment and astonishing attainments. In-depth study and exaltation of our knowledge in science and spirituality brighten up the possibility of greater success and accomplishments in both the dimensions and thus enable reaching higher realms of virtuous life.

Transformation of the visible forms of existence into the invisible and vice-versa is quite natural, although, it might, at times appear mysterious because of our ignorance. Matter could be converted into energy and energy could be expressed or manifested in material form. This is factual in the fields of physico-chemical sciences. This universal law also applies in the subliminal realms of Nature.

"The *Brahm̐* –– the Omnipresent Supreme Consciousness manifests itself in *Māyā* – the physical world, the perceivable expression of Nature. *Māyā* is ultimately absorbed in the *Brahm̐*". These implications of the Vedanta Philosophy sound too esoteric and confusing in general. It is difficult to decipher and realize the deep knowledge conveyed therein… However, as the modern science is moving deeper into the subtler forms of matter and energy, it is tending closer towards the ancient sciences and is gradually unfolding the hidden secrets of Nature and its subliminal core. It may be hoped that one day it would elucidate the realization of the Omnipresent Consciousness existing in every living being as well as every form of matter.

The science of Physics may be broadly classified as that pertaining to –– (i) Matter and (ii) Energy. Material forms are those, which can be perceived by our sense organs. These can be collected or measured in three different, mutually transformable states, namely, solid, liquid and gas. Energy corresponds to the source of power, or force, contained in matter and in the universal expansion of nature. Heat, Light, Electricity, Magnetism, Sound, etc are different forms of energy. Existence of energy expands in the form of waves. This cannot be measured directly but can be realized in terms of their potential manifestation in the activities of the physical world.

The solids do not change their state, size, and shape without any external force, or mechanical or chemical cause of change. The dense interconnections between the molecules and atoms provide this rigidity to a solid form of matter. The mutual force of attraction between the molecules of a liquid is rather weak Therefore, liquids flow under the law of pressure-gradient. These adopt the shape of the container. The molecules of gas do not have any binding of mutual force. These are free to move in all directions. Small amount of a gas can spread

in the entire room. All the three states of a single element are quite different from each other in terms of physical and chemical properties. Variation in the energy level may bring drastic changes in the state of matter. For example, at reduced heat – below $0^{o}C$ water becomes ice and with warming – above $100^{o}C$ it boils and evaporates as steam.

The molecules that constitute matter and the atoms that constitute a molecule are always in motion. Their velocity increases with temperature. The change in the temperature or pressure of a material substance therefore varies the pattern of mutual attraction and arrangements of the molecules and eventually (above a certain threshold, depending upon the specific type of matter) results in transformation of state… At a very low temperature, an iron peace may be converted into rough crystals like that of sand. Variation in molecular energy may transform the form of a substance so much that it would be difficult to recall or infer about its original form.

Whatever we see through our eyes is not the ultimate truth. The sky appears like a blue colored limitless umbrella to us. Thick layer of water in a deep pond or river looks greenish. But any student of science or any one who knows the scientific fact in this case would know that – the sky as well as water are colorless. Scientific investigations show that it is the effect of the reflection or refraction of light through specific angles because of which a specific color or combination of the colors of the spectrum of light appears as the color of an object or a region… Whichever color or combination of colors (out of the seven principle colors of light-spectrum) a flower reflects (after absorbing the other colors) appears as its color. The same is true of the color of fruits, paints, cloths, and other things we see anywhere in this world.

The things that appear stationary or stable around us also are not so in reality. Continuous rotation, vibrations, and movements of their molecules make their existence possible. Appearance of a smooth surface is also an illusion. It contains many pores and rough layers of molecular ensembles that are not visible by naked eyes. The surface of a mica- quoted table would look so smooth and shining. We will also get the same feeling after touching it. However, viewing it with the help of a fine microscope would expose the holes and wavy (non-smooth) layers in it.

We can never see or even imagine any hole or empty space in water. But we do observe that its volume does not change even after dissolving some sugar in it. Where does the volume of sugar (or any other solute) get accommodated? It is the cavities – the empty space, between the water molecules that make space for it…. Mixing sand in a water container raises the level of water in it. But no such rise (or change) is seen if we mix same amount of salt instead of sand. This is

because the molecules of water have sufficient spaces and appropriate size and shape of the cavities to bind the molecules of salt (or sugar, or any other solute), but the different chemical structure of the sand molecules prevents such adjustment.

Atom – the smallest structural constituent of matter is schematically depicted as a solid (single unit). But, in fact, over 90% of its space is empty – the electrons orbit around the nucleus at specific distances in its outer periphery. There are infinitely many kinds of matter known to exist in this world. The basic elements that constitute matter are identified to be only 108. Different combinations, reactions, stereo-chemical and 3D-structural arrangements of the molecules of one or more of these elements under different conditions give rise to the limitless gamut of substances of varied physicochemical and biological properties.

The advancement of modern physics and technological developments have made feasible the conversion of matter into energy and transfer of one form of energy into another or even into matter. Even our cooking stoves and boilers also sometimes process the transformation of the visible into the invisible. Nature has its own wonderful ways of such conversions and transformations on an endless scale. Sometimes the invisible manifests itself physically or in visible forms, and sometimes the visible is dissolved into the invisible, intangible…, subliminal.

Our organs are excellent sensors that grasp the electronic vibrations or impulses of the energy currents within the specific range of their perception. And then instantaneously transmit the corresponding signals to the brain via the network of the sensory nerves. This is how our brain (and hence we too) experience the perceptions of sound (speech), vision, smell, hearing, taste and touch.

If our brain were only a super bio-computer and information processor without the ability to experience the perception of the sense organ, and of the good or bad, pleasant or unpleasant sensation, then we would simply have been an ensemble of matter. Only the variation of energy waves would have been recorded and transmitted through our brain. In that case, there would not have been any things like perception, conceptualization, realization, or feeling of an experience in our life.

Physically speaking, whatever our sense organs encounter is only a consequence of molecular interactions and signals transmitted by different kinds of vibrations in the surrounding 'ocean' of energy. We do perceive these signals the way we do, because of the marvelous functioning of our brain and the conscious faculties of our mind.

There is nothing like good or bad, troublesome, irritating or painful, or, cheering, soothing, or blissful in Nature. It is only the conditioning, expectations, and experiences of our mind that make us feel accordingly. It is the relative effect of our conscious mind, our intrinsic tendencies and our inner self, reflected in the mental domain that constitutes our individual world… We perceive the world as a reflection of our own conceptualization or as the shadow of the world created in our own mind.

The combination of the physical manifestation of Nature and the absolute power expressed in the existence of consciousness and life is a reflection of what is defined in the *Shastric* Literature as the conjugation of the *Prakr̥ati* and *Purūṣha*. This unique linkage of the gross and the subtle, of matter and consciousness, of the body and mind –– is so deep, vast, and arcane that cannot be described or deciphered completely. We do not know, not even feel this vital linkage.., because of our ignorance. But the sagacious seers, the great thinkers and the researchers of the subliminal world find absolute perfection, limitless knowledge and ever-new secrets of the ultimate truth embraced in its folds….

At a crude or superficial level one may find a wide range of unnecessary, irrelevant, arbitrary and disorderly things and events in this world. But those who think and search the depths of truth and knowledge see that every thing, the tiniest of the entities existing here reflects the eternal light and is endowed with the power blessed by the Supreme Creator. Every impulse of the inner sentiments seems to bring them a shower of heavenly nectar. In fact, every thing here could be meaningless and haphazard or could be absolutely relevant and in perfect order… depending upon the reflection of our attitude or the level of enlightenment of our intellect.

One can see the extraordinary talents of the eternal creator in the ordinary or 'usual' encounters in different dimensions of life. One may find thy presence in a stone provided one has the trenchancy of pure vision to see the subliminal. The wider we expand our attitude…., and, ….the deeper we immerse our intellect in the unlimited ocean of knowledge, the more astonishing wonders and completeness we would find in Nature. If our thinking, our vision, our sentiments, are enlightened, every dimension of life, every expression of Nature, would appear divine in this world.

Cosmic Evolution in the Human Body

What was there before the advent of Nature? Inspired by this hidden quest, the Vedik knowledge elucidates that – the earth or any other planet or star did not have existence, neither did water, fire, electricity, or any form of matter or energy…; nothing was there before the gross manifestation of the universe…. The eternal element of *Brahṁ* – the absolute source of existence remains omnipresent before the origin and ultimate end of every creation… It is the perennial source of every activity, every form of energy, every domain of the gross and the subliminal reflections of Nature… The ever-expanding universe, the unlimited expressions of Nature, the hidden folds and creative forms of consciousness… are all said to be the manifestations of the *Brahṁ*. This whole creation has sparked off from the absolute *tapa*[1] and cosmic impulse of the *Brahṁ*.

The Aitereya Upanishad describes the creation of the universe as – "The *piṇḍa* (the existence of life and matter) emerged from *thy* determination of expressing its infinity into being. Infinite forms of material elements and creatures aroused from the *piṇḍa*. Citing the origin of the human being, the Upanishad further explains (in the 2nd and 3rd Chapter) rhetorically that –- "The cosmic consciousness of *thee* generated the *devatās* (divine powers) from its eternal *prāṇa*. The divine powers indwelling subliminally in the cosmic expansion of the *Brahm*, expressed the desire to experience the gross manifestation of Nature. They did not like the design of the bodies of any creature except the human body. The latter suited them the most for this purpose".

"The divine power[2] of *agni* entered the vocal system as speech; *vāyū* resided in the respiratory system as vital power. *Sūrya* became the power of vision in the eyes, the *diśās* chose to enter the ears as the power of hearing and the *aświnī* gods spread themselves as the power of resistance and tangibility into the skin pores. *Jala* (water and liquids) filled itself in the stomach and the lower part of the limbs. *Candramā* placed itself in the sentimental core of the heart and *mṛatyu* (the God of death) stood in the navel as the *apāna* (the core of multiple streams of life-force in the body)".

The description in the above Upanishad continues. "The eternal creator – the *Paramātmā*, then distributed the feelings or hunger and thrust among these *devatās* uniformly. They all needed *havi* (subliminal food) for sustenance of their manifestation in the human body. The *Paramātmā* used the material expression of *jala* and *vāyu* and energized their combination into "*anna*". The *anna* (food grains and vegetables) could be absorbed only through the (biochemical) process controlled by *apāna*. It converted *anna* into *havi* and distributed them to all the *devatās* existing in the human body."

"In order to regulate and control these powers existing in the sense organs and rest of the body, the *Paramātma* – thy supreme consciousness, entered the human brain as the inner intellect. The mental core of *thou* existence reaches there (in the brain) through *vihati*. Penetration of this unique 'inlet' of *vihati* bestows ultimate beatitude on the individual self. There are three states (*āśrams*) and three phases (*swapnas*) of this absolute linkage of the soul (*ātmā*) with the *Parmātmā*. These are referred as *Hradaya*, *Brahmrandhra* and *Brahmāṇḍa*. When *havi* and the gross experiences (*bhoga*) of the body did not satisfy the *devatās*, they delved for the original source of unalloyed bliss… Their quest was complete with the recognition and absolute realization of the *Paramātmā*."

This is how the *rishis*, the sages of yore, described the existence of divine powers in the human body. "Wisdom, knowledge, intellect, prudence, contemplation, conception, perception, memory, realization, determination, aspiration, hope, creativity, vitality, and all other powers of the mind (and hence of the body) originate from that Omniscient and Omnipotent *Paramātmā*. One who knows that Supreme Eternal Self, at the root of all, lives with heavenly beatitude and enlightenment in the human life. This true knowledge provides the key to the perfect art of living, immortality and ultimate liberation… ".

The above *mantras* of the "Aitareya Upanishad" encompass deep secrets of the science of the origin and evolution of human life. One who understands this subliminal knowledge can indeed acquire immense power and prosperity hidden in his own self. Human body is endowed with divine potentials. The divine powers – the source of infinite virtues, strength and subliminal and gross creativity, powers, talents and prosperity – immanent in the cosmic expansion are also present in a human being. Therefore, there appears to be no real reason as to why one should be weak, deficient, or deprived of anything in this world. He, despite being a reflection of *thy* inspiration, remains ignorant of his original nature and indulges in the misuse and dissipation of the immense power subliminally present in his body. Thus, rather than being blessed by the divine potentials subliminally induced in his own self, because of his misdeeds and misunderstanding, he generates sorrow, delusion, tension, disgrace, disorder and indigence in his life in multiple ways.

The knowledge folded in the scriptures of the Indian Philosophy, might appear imaginary, and baseless to a layman because of the rather rhetoric and abstract style of presentation. Nevertheless, a little deeper study would reveal the contrary. The Vedas, Upanishads and the gamut of *Shastrik* Literature have emerged from and generate absolute knowledge – including that of the genesis, manifestation, expansion and evolution of Nature and Life.

Unlike the precision in many areas of modern science, the theories of evolution and the universal laws of Nature deciphered so far in the modern times do not provide comprehensive and consistent answers on many facets of the gross manifestation of life and Nature. The subliminal domains of existence are beyond the reach of these theories and research directions.

The modern theory of evolution began with the hypothesis that man is a highly evolved form generated from the Amoeba. This unicellular creature survives in water and manifests the basic characteristics of being recognized as a living being. Studies on the slides of this aquatic protozoan were made possible with the development of fine microscopes. Its process of reproduction and growth is quite peculiar. Its body, which is a cell of protoplasm, has multiple outward tentacles spread outwards. When any one of these branches grows longer than the others, it secrets protoplasm giving rise to another amoeba. If brought near heat and electrical fields, it shirks away and protects itself. Its branches elongate and fold to catch a pinch of 'food' (from the culture medium). This single-cell living body is well equipped to transfer the consumed food into protoplasm and maintain its resources of life-energy. It also excretes the wastes in the surrounding water at regular intervals. Its generations grow in geometric progression – a single cell gives rise to two, the two further multiply in four, then eight and so on… The early theory of evolution attributed the birth of all multi-cellular organisms from this unicellular creature.

However, with better experimental facilities on the cells of higher organisms and of the human body in particular, it became clear that these cells had drastically different structure and properties. Despite having protoplasm as their base constituent these cells do not have the capability to survive and expand like a unicellular organism on their own. There is a vast difference in the structural complexity and biochemistry of the mammalian and the non-mammalian cells. The process of reproduction among the mammalians too varies significantly – being most 'advanced' on evolutionary scale in the human beings.

Extensive research in evolutionary biology carried out in the 19^{th} and the 20^{th} century could not lead to a universal theory. Scientists of today have been able to produce test-tube babies; the clones of several organisms – including sheep, have been produced in the laboratories. Research has also begun on the nature of consciousness beyond the clinical consciousness. But, nothing is concluded about the origin and evolution of life in the physical and the subliminal domains of existence.

The Darwinian theory proposes that the human species had acquired the present form of being through successive evolutionary progress – from amoebae to aquatic microorganisms, to fish; from fish to, pigs, to monkeys and apes; from

apes to gorillas and then to primitive man. Some experimental studies and models in anthropology and zoological and behavioral sciences have supported this theory. However, if we accept this theory, the fundamental question remains unanswered as to – why the evolutionary process did not continue further? Why the human body has not evolved further since hundreds of thousands of years of scientifically confirmed existence? Moreover, in terms of physical strength and vitality, there appears to be a negative evolution in all species, especially in the human body. We are becoming much weaker in successive generations.

None of these acclaimed and largely popular modern theories of evolution touch upon the subliminal domains of consciousness and the natural linkage between the individual consciousness with the collective and cosmic consciousness. The early enthusiasm of scientific views that hypothesized consciousness to be a resultant effect of some complex biochemical reactions has waned with the recognition of the ever-new findings on the complexity of brain functions and mental potentials. If consciousness or life could be generated by some biochemical or physical process, the ultra advanced technology of today would have attempted synthesizing living beings instead of computerizes robots in the laboratories. Computer industries would have been prospering by producing intelligent beings rather than the virtual thinking machines.

The structure of the human body, its gross functions might be well explained in terms of anatomy and the (bio)physico-chemical, (bio)electrical and physiological processes. And with the advancement of biotechnology, one might some day synthesize a miniature artificial body. But, what about the mental functions, the sentiments, the limitless depth of inner powers? When an individual being – be that the scientifically advanced man of today, can't even realize, understand and control this subliminal world in his own self, how could he generate these in a synthesized body? When one does not even know the nature of the science of thoughts, emotions and inner sentiments and the powers of spirituality, how could he 'advance' the material based scientific understanding in that direction?

It is in this context, it would be worth looking into the Indian Philosophy and the ancient science of spirituality. The relevance of these increases further noting the fact the rhetoric descriptions in the *vedik* scriptures also reflect the structural and functional features of the human body that have been discovered by modern science. The descriptions (of the kinds cited above) in the Upanishads concerning – the manifestation of the eternal will of *Paramātmā* in the creation of the *Piṇḍa* of the sun, moon, other planets and the entire universe, and the subliminal consecration of the divine powers and the *Paramātmā* in the human self, would become clearer if we note the following.

All planets and other components (cosmic centers) of the universal expansion – whatever be their present states, have come into existence all of a sudden. Be that the Big Bang Theory, any other scientific principle, or the *vedik* assumption of the cosmic spurt of the infinity, all express a sudden manifestation. This is what is referred in the Upanishad as the cosmic expression of *thy* will in the physical (gross) and subliminal forms of Nature. The presence of divine powers in the human being imply the immense potentials of the latter and the ultimate evolution of his conscious (mental) faculties up to the high realms of divinity. Such descriptions of the Upanishads also reflect the fact that the origin of human self is divine and that the soul, the inner self, is an eternal expression and fraction of the *Brahṁ*.

"Natural creation, evolution or destruction – of every element, every being, and every form of existence, works simultaneously at the gross as well as the subliminal domains of its existence. The paranormal powers of *thee* enable collective materialization of these in totality at the cosmic level" – such implications of the Indian Philosophy are being interpreted and reaffirmed by the eminent researchers of the modern times too. Dr. Allen Leo of "The Occult Anatomy" fame explains that –– "if we had understood the cosmic system, it would not have been difficult to see the intimate relationship of our body and mind with the sun, moon and other planets."

Dr. Corinne Helen discusses the complexity of the process of life in the human body under the topic "The Dual Brain Functions and Relation with Spiritual Development". She further writes that – "It is amazing to note that all the natural instincts of artistic creativity, intellectual talents and knowledge acquisition are bestowed on the human mind by the planetary system. This way all intellectuals are disciples of the planets and stars (cosmic centers)." The Occult Anatomy regards human beings to be constituted of two bodies. One is gross – made up of the *panca tatvas*[3] and the other is subtle – which is created by the divine powers emitted from the cosmic centers.

The gross components of our body – which are visible and tangible, are made up of the *pr̥athvī tatvas* (source of the basic elements available on the earth). Interestingly the material components of the other planets too are found to be constituted by these elements gifted by the earth. The sun, moon and the other members of this family bestow enormous energy and support on the earth in return. The same is true of the mutual cooperation and coexistence of the other planetary systems, the galaxies, and every entity of the ever-expanding universal ensemble.

Anatomically, our brain is made up of two layers – formed by the "white element" and the "gray matter". The white element constitutes the nerves and

the ganglions. The nerves bundled in the ganglions are rich in phosphorous and are deeply immersed in the protoplasm. Phosphorous is constituted by the *agni tatva* (element of fire – energy) as reported in the Upanishads. The *agni tatva* present here (phosphorous and ATP in scientific terminology) is important for metabolism and the maintenance of energy for the body functions…. Deficiency of the *agni tatva* in the body results in indigestion, weakness, lack of stamina and body-resistance and in diminished glow of the eyes and of the aura around the body. This *agni tatva* is same as that present in the corona of the sun.

Scientific findings reveal that the maintenance of phosphorous in the body does not depend as much on the food intake and digestion as it does upon the mental condition. The same is approved in the case of several, other biochemical and physiological functions. These findings indicate the scientific implications of the above-cited scriptural descriptions (about the role of sun, etc). These also affirm the vital dependence of the gross body upon the subtle, and thus support the double-body theory of the Occult Anatomy.

The material based science has been able to study only the gross structure of the human body. Integration of the physics based life sciences with metaphysics would explain the existence and functions of the subliminal body. This would also unfold the secrets of how the energy currents immanent in the cosmos generate or strengthen the elements of the gross body and endow its subliminal counterpart with intellectual trenchancy and enlightened wisdom.

The gross as well as the subtle body of the sun has been given special mention in the Indian scriptures in the context of human life. The vigor of the body and illumination of the intellect, both are said to have direct linkage with this cosmic source. The gross effects of the sun and its vital role in the maintenance of life on the earth are well known to us. Significant observations are also made in the laboratories on these effects. If a sapling receives proper water supply and fertilizers but no sunlight, it certainly dies in few days.

If sunlight is allowed to reach it partially and indirectly (after filtering or refraction through a colored glass for instance,) it might survive and grow into a tree, but it won't blossom with its natural flowers and fruits. These kinds of observations on several crops of pulses, vegetables and fruits have revealed that the receptions and absorption of natural sunlight is essential for the health constituents and taste of the eatables (natural products). These results make us rethink about the ancient scientific hypothesis that taste and vitality of elements have roots in the planetary and cosmic effects. Further, as is also successfully practised by the *yogis*, one might attract the desired elements from the subliminal domains of the corresponding cosmic centers using the subtle force of his mind.

The *shastrik* literature sometimes refers the vital energy (*prāṇa*) of sun by a name "*gau*". It is said that this *gau* is essential for the strength and energy in every element in the physical manifestation of the world. Thus, the human body, being the gigantic ensemble of the gamut of these elements, could be justifiably referred as 'generated' or 'constituted by' the sun…. Its movements, internal processing, nothing could survive without the energy (*prāṇa*) received from the sun.

Sublimation or ignition of different substances emits different colors (or shades) of light energy. These might appear to be white or light yellow to the naked eyes in general. However, the dispersion of these through a prism would decompose the spectra of constituent colors. Optical studies reveal that every element emits its unique spectrum of light. For instance, the spectrum of sodium shows bright yellow and that of potassium shows red. The spectrum of calcium disperses red-red, orange-yellow, green-green colors. The study of spectrum enables identification of the substances or recognition of the constituents of a new substance. This intimate relation of a substance with the light spectra explains how a material component of the human body could be described as 'made up of' or 'generated by' the sun and the moon, etc.

Now we look at the optical properties of matter and their scientific analysis from a different angle. The coexistence of light and inflammation is well known. This is a common observation of how light could be generated from ignition or sublimation of any substance. In ordinary state as well, every element emits light radiation though at a subtle frequency. Recent scientific theories approve the possibility of conversion of light particles into atoms and molecules of gross (material) elements. This cyclic relation (of mutual generation and conversion) of light-energy and matter accounts for a unified existence of the physical (perceivable) and subliminal constituents of the human body.

The subtle energy of light is thus supposed to be indwelling in every element of gross matter (*pr̥athvī tatva*) present in our body. However, since light is not constituted of gross matter and its dispersed components have distinct nature, it is regarded as being generated by the energy waves from the cosmic ensemble. The currents of subliminal eternal force (of the flow of *prāṇa*) immanent in these is referred in the Upanishads as the flow of the spark of divine powers. Its 'transmission' from different *nakśatras* (planets and stars, as the word-meaning) is referred there to imply that the nature of light is different from that of the earthy elements (*pr̥athvī tatva*). Also the word *nakśatra* has a wider meaning in these scriptures. As the detailed deliberations of the Upanishads highlight, this world corresponds to the cosmic centers or domains of dense superposition of subliminal (conscious) energy waves.

The flesh, blood and bones in our body are generated from the *pṛathvī* and *jala tatvas* by different chemical reactions of the material elements. But, the vital energy, intellect, desire, knowledge, and mental inspirations, emotional currents, etc are subliminal in nature. These might influence the hormonal secretions and bioelectrical and biochemical reactions in the body but can not originate from matter or by any such reactions. These are described in the Upanishads as constituted of the *ākāśa tatva*. The *prakāśa* (light) *tatva* is referred as a manifestation of the *ākāśa tatva* in energy form. All activity and creativity in living beings become possible because of this *prakāśa tatva*, which is indwelling in the cosmos with enormous varieties of natural manifestation (e.g. different kinds of energy waves). Dissipation of this subliminal light from the body, in the event of death, eventually converts the gross body into an inert piece of matter that disintegrates by the natural process of biodegradation.

It is said that what we eat that also contributes to the development of our mind. Here again, it may be noted that, it is not the material substance of the food, rather its nature, the type of the *prakāśa tatva* absorbed in it that influences our mental tendencies. The 'nuclei' of the constituent elements of food are therefore regarded (in the rhetoric style of presentation of the scriptures) as the 'atoms' radiated or energized by some *nakśatra* in the cosmos. These induce specific effects in the gross and the subtle components of the human being. These kinds of subliminal effects are mentioned in the Upanishads as – "the glow of moon existing in the mind…", etc. The gross effects of sunlight and moonlight on the quality of vegetables and food grains etc, and the effect of the latter on one's physical and mental health are studied in the modern laboratories too.

As science proceeds further in deciphering the complexity of the gigantic network of the nerves and the brain functions, the knowledge of the influence of other divine (cosmic) powers would also become more transparent. Whatever is known or studied so far about the brain and the endocrine system, supports the intrinsic vision of reality elucidated in the Indian Philosophy.

The neuroscientists identify two types of nerves in the highly interconnected network of the nervous system regulated by the brain – the sympathetic and the parasympathetic. The sympathetic nerves unite the viscera and blood vessels and pass through the vertebral column. These are supposed to contribute to metabolism and harmonious distribution of the endocrine secretions. Continuous flow of purified blood is carried out through these nerves. These also contribute to the regular process of excretion as well as efficient operations of the healing of the injured parts of the body… When the nerves of the parasympathetic system (*suṣumnā praṇālī*) relax, the sympathetic system conducts the repair and maintenance process at the cellular and organ levels.

The excellent *on-line* functioning and stochastic connectivity of the complex network is unique in the human beings. Other organisms do not possess such an evolved system of communication and 'intelligent control' through nerves.

Scientific investigations into the origin and the source of power of the nerves have shown that their functional center lies in the brain. Memory layers have been identified as the bundles of fibers connecting and conveying the impulses of sensation and motion between the brain, spinal cord, ganglionic organs and other parts of the body. Recent investigations in psychology and neurology reveal that the emotional impulses are more dominating in triggering the nerve-functions as compared to the more familiar (extensively studied) role of the bioelectrical signal processing of the sensory and motor operations. These findings have provided newer directions to brain research.

Of late, psychology has become an integral part of research in neuroscience being conducted at several reputed laboratories. It is now an acceptable notion of medical sciences that one could sustain good health and vigor by cultivating positive thinking and piety of sentiments. Apart from the psychological remedies of biofeedback, confession and healing, etc –– for elimination of the malice and weaknesses of mind, restraining from passions and creative orientation of aspirations are also advised towards psychosomatic treatments.

Active collaboration between research on the psychological and neuro-chemical fronts has revealed important effects of the subliminal currents of consciousness on the neuronal system. Recording of the changes in the brain impulses and the spectrum of the emission through the ganglions with the intensity of willpower – are among the remarkable results in this direction.

The sympathetic nerves are referred as negatively charged in terms of the impact of emotional currents. These are said to manifest the effects of the soft sentiments of feminine nature. A huge bundle of these nerves emerges from near the heart. The subliminal core of the heart is also described as the emotional center or the ocean of sentiments of a person. This system of nerves is therefore of significant importance in psychology. Deeper understanding of the science of aspirations, intrinsic experiences, as well as that of the neuro-physiological and other brain functions demands greater research on the vast range of the functions and subliminal sensitivity of the sympathetic and parasympathetic nerves.

The pains and pleasures of the body, mind and the heart (sentimental core) are experienced through the conscious faculties of the brain. A lot remains to be deciphered about the subliminal powers of consciousness expressed or hidden in the human brain. With the realization of the infinite complexity of the human

mind, the brain-scientists have now begun to accept its limitless potentials and its intrinsic linkage with the cosmic consciousness. The importance of spirituality is also being recognized and the need for research in the cosmic science of spirituality is being felt for a comprehensive study of the human mind and the brain system.

Studies are also going on the possible manifestation of the responses of the unconscious mind in the cerebrospinal system. Structurally, the cells in the cerebrospinal region appear to be tiny bundles of delicate fibers. These tentacles spread along the spinal column serve for all sensory experiences. The subliminal flow of conscious power along the *suṣumnā nāḍī* is also processed through these fibrous elements. These are said to make a functional linkage between the mind and the heart – by which, the mental impulses are felt in the heart and vice-versa.

Purification and spiritual evolution of mental powers could enable upward orientation of the currents of *prāṇa* through these fibers along the *suṣumnā nāḍī*. This results in the activation of the unconscious (inner) layer of mind and thus effectuates creative linkage of the individual self with the cosmic *thy* self. Acquisition of the Gnostic Knowledge of the mysterious powers immanent in the limitless expansion of the cosmos then emerges as a natural consequence. The cerebrospinal region thus seems to contain the *vihati dwāra* described in the Aitereya Upanishad.

Modern research on the cerebrospinal system of the human brain is still in the initial stage. The science of *yoga* and spirituality could offer excellent support in guiding and accelerating deeper research on human brain and its extrasensory powers…. The day one would learn activating and controlling its core (the *vihati dwāra*), he would be able to visualize (know) the invisible space and the cosmic depth without any scientific instruments or spaceships.

The Seeds of Super Knowledge Lie In Every Brain

The number of neurons (nerve cells) in a developed human brain is almost double the human population on the earth today! Each of these tiny cells is comparable in capacity and efficiency to a multi-talented, august and stout human being. In fact, people could sometimes be lazy, disorderly, dishonest, or inefficient, but the tiny neurons never ignore their 'duties' and continue contributing to the adept information processing and the other vital functions of the brain and the body.

The over ten billion neurons are each like 'divine machines'. Some of these store the past memories for ages…. At a superficial level, we seem to forget many things quite rapidly…What we seem to have memorized with great efforts also appears to have waned out from our memory after some time, because we find ourselves unable to recall it… However, as the neurological experiments reveal, whatever we ever encounter remains inscribed in the ultra sensitive microfilms of the neurons for hundreds of years. For instance, in one such experiment when Dr. Penfield had electrically stimulated the memory strip in a subject's brain, that person started singing the songs of a film, which he had seen over two decades ago. The story of the film also surfaced afresh in his memory as though he has watched the movie just now….

The nerves, the 'biological channels' connected with the neurons are spread in the entire body and constitute the Nervous System. These are broadly categorized as of two types – the sensory nerves and the motor nerves; that make possible the sensory (or cognitive) functions and the locomotion activities respectively. The sensory nerves are linked with the sense organs. Whatever we smell, watch, hear, eat, or experience by touch, is perceived with the help of the instant signal processing between the sensory nerves and the brain. The motor nerves and their control unit in the brain conduct the activities of movement, walking, chewing, bathing, reading, etc… This gross understanding of the nervous system, together with the general anatomy and associated physiological functions of the brain have been known to the scientific community since the advent of neurological research in the past century.

For a longtime, the brain was recognized only as the controller of the conscious activities, motor functions and the perception of the sense organs. The fact that this rather small organ in the human body is a repository of astonishing potentials became clearer with the advancement of neuro-scientific research. Contemporary progress in collaborative studies in the fields of psychology, parapsychology, and metaphysics appear to be bringing the modern science closer to the areas of vedik science that deal with the hidden powers of human

mind. It is now accepted by many groups of eminent researchers that, as described in the Indian Philosophy, the human mind is a reflection of the *Brahm*[4]. The impulses of whatever is happening…, is going to happen…, or has happened…, anywhere in the infinite expansion of the cosmos reach and can be captured by the inner cores of human mind…

The human mind is endowed with the power to know about the past, present and the future, at will. However, this supernormal talent remains dormant in general. The dull and drowsy minds can't even properly experience, recognize, or analyze the present… Brilliance of intellect and foresightedness help the sagacious minds know and shape the future growth of the subject matter of their interest and expertise. This explains why enlightened and alert mind is said to be the architect of its own life. However, the extrovert attitude, self-centered inclination, and complacence and excessive attachment with the present and the immediate future, often restrain its trenchant vision and talents from reaching the wider and deeper domains of knowledge…. Cultivation of introvert and deeper thinking and successive endeavors of intellectual and spiritual erudition gradually arouse its hidden powers. This elevation can eventually excel the illuminated minds to the higher realms of precognitive realizations.

The authentic reporting of the supernormal talents of the deep concentration, self-control, and willpower of human mind has drawn the attention of many researchers towards the *yoga* practices of *dhyāna-dhāraṇā* (meditation) and *sādhanās* (dedicated spiritual endeavors). The great *yogis* and spiritual devotees refine their inner-consciousness and mental potentials by self-restrain, ascetic disciplines and *sādhanās*. Some people, though rarely, are born with evolved consciousness and extraordinary talents. In a few, such powers are found to be activated accidentally. Spiritual refinement of personality and evolutions of the inner force of consciousness enable the 'individual self', emancipate from the thralldom of ignorance and set an active linkage with the limitless…. Its domain of experience and knowledge-acquisition too would then expand beyond all limitations. The live experiences of great personalities and sagacious minds do illustrate from time to time that the evolution of the inner-powers can indeed exalt the individual self at unimaginable heights…

Several books, such as "The Third Eye" by T. Lobe-Sang, "Spiritual Journey to the land of Hermitage" by Al Zahir, and "The Making of Heavenly Trousers" by Daniel Bayer, give us a first hand view of the extrasensory experiences of the authors. These intellectuals had had the divine experience of the awakening of the *Ājňā Cakra* (– the 'sixth sense' or the 'third eye'). What they had experienced as clairvoyance and glimpses of the past and the future in the specific states of mental engrossment in deeper consciousness – was also authentically verified….

Such experiences evince that human mind is indeed endowed with a divine eye in its subliminal core.

Renowned German philosopher and writer, Goethe mentions at one place in his autobiography that –– once when he was sitting in his house at Wilma, he suddenly felt that the island of Sicily, several thousands miles away, is being shaken by horrifying seismic tremors…. The feeling was so strong and clear that he even discussed this unique experience with some of his friends… But no one paid any attention. What else but "illusion" could such an experience be called in general? How could one see or explain the happenings of several thousands miles away without any mode of communication? It was only after about a week that the newspapers brought the tragic reports of a devastating earthquake in Sicily. This had occurred on the same day, same time, when Goethe had watched this horrifying event live….

Jonathan Swift had described in his popular novel "The Gulliver's Travels" that –– Mars has two moons orbiting around it; one at a velocity double than the other… His "hypothesis" was thought to be mere fiction because, until then it was annulled that the planets other than the earth could also have their satellites. After about 150 years, in 1877, a giant telescope in the Naval Observatory at Washington, traced the presence of the two moons of Mars and also proved that the velocity of one is double that of the other…

Film actor Chandra Mohan Sen once dreamt that his horse has fallen into a ditch while running in a racecourse. He got up with a panic, but was soon glad to find that his horse was quite all right However, hardly three days later, this horse died under the same circumstances as were seen by his master in the dream.

In his book "An Experiment with Time", J. W. Dunne has described several dreams, which depicted future realities in advance. In one of his own dreams, he had seen the eruption of a volcano in the Crestar Island few weeks before the calamity.

Spain's Ischopiel Palace is a masterpiece of Spanish architect. King Phillip II had got it constructed in the memory of his wife Mary Tudor. One of the halls in this monument was designed for the burial of the king and his successors. An astrologer had then told this King that his family's empire would last for twenty-four generations only. Because of his faith in the sage, the king arranged for twenty-four graveyards in the said hall. Queen Maria Christine was the 23rd ruler of the same royal family. She died in 1929 and was buried in the same hall. Surprisingly, Alphonso, the prince designate since a long time, was finally sworn in as the King of Spain. Within two years he was dethroned and assassinated. With him the empire of Phillip's family had also come to an end…

It was sometimes during the peaceful freedom movement of India, when an elderly British citizen, nick-named Nancy came here as a tourist. She was a good friend of Mrs. Sarojini Naidu. Sarojini had organized a get-together to introduce her to some Indian friends. Mr. Jinnah and his newly wed, young Parasi wife were also present on this occasion. Nancy constantly stared at the couple for several minutes while being introduced to them. It looked quite awkward. After the couple had left, Sarojini asked this lady about her embarrassing behavior. Nancy replied –– "I could read it on their faces that within three years from now, they would be divorced. Afterwards, the young pretty woman (Mrs. Jinnah) would commit suicide and Mr. Jinnah will become a king – the head of a state….". All the others around, including the host laughed at this whimsical 'prediction'. No one could imagine the couple's separation, as Mr. Jinnah was deadly fallen in his new wife's love… The possibility of India's freedom in such a short span of time and Jinnah's enthronement sounded equally baseless.

However, everyone witnessed that the next three years brought a drastic change in the fate of the country as well as that of the Jinnahs. They were divorced and Mrs. Jinnah ended her life in depression. With its independence, India was divided into two nations and Mr. Jinnah became the first head of the state of Pakistan.

Mr. Zaidy, the then vice-chancellor of the Aligarh Muslim University (India) had also heard about the above prediction. He visited London six years after the independence of India. There he recalled this British lady – the foreteller, Madam Jean Dixon (Nancy). He did have her address in the diary, so he could visit her during his stay there. While talking about her clairvoyance in general, Prof. Zaidy casually asked her about the future of India and Pakistan. She just looked into the air and said – east of Pakistan will be separated in couple of decades… Indeed, her precognition came true, when Pakistan was divided and its east part emerged as an independent country – Bangladesh in 1970.

Seeds of the supernormal vision like Mrs. Dixon and of other exceptional talents are immanent in every individual. Each one of us could gradually arouse and evolve these hidden potentials of our mind by dedicated endeavors. The ancient science of *yoga sādhanās* enlightens the path of such extraordinary attainments.

Arcane Energy Centers in Human Body

At a gross level, the sense organs appear to sense the internal and external environment of the body and operate simultaneously in connection with different parts of the body. But, as any student of medical science would know, the fact is quite different. In fact, the cognitive faculties and the functions of the sense organs rely on the central nervous system. The neuronal system of the brain enables their activities. This central controller regulates all the information processing, sensing and dynamics of the body system. For instance, although we see through the lens of the eye placed in its retina, but the realization and recognition of this process (vision) becomes possible only via the nerves in the optical region of the brain.

A little disorder or suppression of the regular function of the optical region or associated processing of the brain might cause loss of vision even if there is no defect in the retina or the eye as a whole. Similar would be the case with the other sense organs and other components of the body pertaining to the sensory, metabolic, and loco-motor processes. Tremors in the hands and legs of a drunken man illustrate this fact quite noticeably. He can't even have control over his tongue. He wants to tell something and tells something else. His voice too becomes unclear and choked. This is because the corresponding centers in the central controlling unit of the brain become dull and dormant due to heavy intoxication.

Every component of the body, likewise the brain, remains vigorous and active only if it is kept in constant and creative use. If left unused or ignored, it would gradually weaken and its natural efficiency would also wane fast. The mental and physical potentials found in our ancestors are now regarded as supernormal. However, some new talents have evolved with the scientific orientation of mind. This change is natural with respect to the sharp differences in the trends of civilization, mode of living, experiences, and the extent and manner of use of specific faculties of the body and the mind.

The brain-centers associated with our sensory and learning processes are often used for routine functions and limited purpose only. We therefore mostly remain unaware of the extraordinary potentials hidden in these 'intelligent centers', which account for extrasensory perceptions and which also enable multiple faculties simultaneously expressed in single sense organ. Different kinds of extrasensory capabilities of brain are found active in specific faculties of different members of the animal kingdom. A snake does not have ears but his skin is so sensitive that it can sense even a slight sound of footsteps from as long as 50 meters distance. Many other organisms including the tiny microbes, ants, as well as the giant elephants are endowed with varieties of such potentials that are

normally dormant, suppressed, or hidden in the human beings. Though rarely, the extrasensory faculties are indeed found activated in some people. Many blind men and women recognize –– by mere touch or hearing the foot-steps, different kinds of things, places and persons more efficiently than those with clear and sharp eyesight Some people can read books and volumes even if their eyes are closed or covered by cloth-strip.

Several practices of *yoga* and meditation aim at stimulation of the extra-sensory centers in the endocrine system and the brain. Stimulation of these subliminal energy 'transducers' may transfigure one's personality into that of a mystic *yogi*, a super being…. In terms of physical appearance, one would look as normal as any other person around but his extrasensory faculties would indeed make him super intelligent and omnipotent as compared to them.

Evolution at the level of consciousness is indeed open-ended. Nature has not deprived anyone of this opportunity. Dedicated endeavors and sincere practice can bestow every thing desired in life. As far as the extrasensory potentials are concerned, in some people specific powers are found to arouse accidentally.

Sowing of rice or barley seeds resulting in corresponding crops is quite natural. However, many a times, wild or new varieties of these crops do grow in the forests without any effort for their cultivation. Tiny islands in the middle of the oceans, far from the reach of human habitation, are also seen to possess thick forests and large family of fruits and flowers. May be some voyager birds contribute to the transportation of the seeds in these 'unusual' cases. The sudden activation of some extrasensory centers in human body does not seem to have any such visible cause. Such exceptional realizations are said to be the consequence of the collective impact of the corresponding *samskāras* (intrinsic tendencies and experiences) and spiritual assimilation harvested in the inner domains of mind since the earlier lives…

Yuri Gellner was born in Tel Abib Israel. His eyes began to show strong magnetic power since early childhood. Once he was injured and admitted to a local hospital. Lying on his bed, he was able to rotate the wings of the clock on the wall in front. Just by the movement of his eyeballs he could control the functioning of any electrical instrument he was looking at… This was a magical entertainment for the other patients and the hospital staff. In some parties he was able to attract the metallic spoons and plates towards him without anybody's help and without even touching these utensils. On several occasions, people tried to test his exceptional magnetic eyesight and verified that he is indeed having supernatural power of attraction.

At a later age, Yuri used to demonstrate in front of larger crowds, in stadiums as well as in the research laboratories. He was able to 'see' even with closed eyes. In one such shows, his eyes were covered (practically sealed) by black strips in the presence of experts. Then he was asked to bicycle on busy streets of some cities in Israel. He could traverse all the routes without committing any mistake. In yet another presentation before the scientific community, he had successfully moved and molded metal objects weighing up to four ounce just by staring at them from a long distance for few seconds. With more intense mental concentration lasting for several minutes to an hour, he was able to generate stronger force of attraction through his eyes and shake or shift heavier things from one place to another. During a show in an exhibition in America, he had thrown a huge idol in air by remote force of his eyesight.

In his interviews, Gellner used to describe this super normal power as God gifted. Scientific researchers had found that it was some kind of electromagnetic force that used to be emitted from his eyes at his will. His willpower and mental concentration used to intensify this exceptional force. He used to be like any normal person in all other respects.

A young shepherd of New Zealand was endowed with exceptional vital energy. If he would pat the back of any sheep, she would, against the usual nature of the sheep, leave her group and start following this man. By no means, the 'hypnotized' sheep would return to their masters unless this shepherd moved his palms on their back in a reverse direction. How this 'vital charging' and 'discharging' used to materialize remained a mystery for the researchers.

A large number of such living wonders are cited in the annals of human history. These examples and the miraculous attainments of higher level *yoga sādhanās* and spiritual endeavors show that human body (and brain) is a repository of limitless powers hidden in its extrasensory centers.

The Source of Eminent Talents

As such, every component, every organ of our body is of significant importance. Each plays its vital role in the healthy functioning of the body… The brain is given the special status of the 'crown organ' because of its unique place in conjugating the gross and the subliminal domains of life. Its mental functioning involves evolved levels of consciousness. It is also the sole controller of the intellectual activities. In general, the mental activities of thinking, memorizing, analyzing, decision-making, etc, are governed by it. However, its role, its potentials are not confined to these activities. It is an orgulous source of subliminal powers and extrasensory talents. The functional center for the arousal and manifestation of superamental potentials as identified by the modern scientists is what was described the *rishis* and *yogis* of yore as the *ājňā cakra*. This is also referred as the 'third eye' or the 'sixth sense' in general.

The *yoga shastras* describe the position of the *ājňā cakra* in the inner core of the brain deep behind the *bhrū madhya* (center between the two eyebrows). If stimulated, this extrasensory center turns out to be infinitely more sensitive and powerful than the magnetic crystals of the radio sets or the radar that collect the energy waves beyond ultraviolet and infrared frequency ranges.

Researchers of psychology opine that natural dreaming takes place during sound sleep when the eyes are closed, all the sense organs, the genitals, and the other organs are dormant; the conscious mind also is inactive. The nerve cells near the *optical chiasma* are unusually active in this state and make possible the experiencing of dreams. It is also found that the right brain remains active in the state of dreaming. It enables the process of hearing, speech, vision, etc in an active dream. These studies further evince that our brain is endowed with the potential to perform all the faculties of the sense organs in the absence of the activities of the latter. The precognitive dreams reflect the extrasensory, subliminal powers of the mind.

Neurological investigations reveal that the cells around the *optical chiasma* – in the vicinity of the location of the *ājňā cakra* – continuously emit specific electromagnetic impulses. The power of these energy waves is stronger than that of the X-rays or Laser when the *ājňā cakra* is stimulated. Firm determination and stability of mind are found to control these invisible rays that can pierce through all obstacles and reach anywhere in the cosmos. The subliminal bio-electromagnetic waves of the *prāṇa* (eternal source of the life force) in the *ājňā cakra* enable communication in the subtle world, which otherwise remains unknown or mysterious.

One can read the minds of others with the help of these subtle signals of the activated *ājňā cakra*. Cognition of the sentiments, aspirations, intentions, and imaginations of other people is an easy possibility in that case… What is more, an enlightened *yogi* can even control the minds of others with the help of his awakened *ājňā cakra*. Hypnotism or mesmerism are minor offshoots of the enormous powers of this sixth sense.

Clairvoyance, precognition, telepathy, knowledge of the past and the future, extra-terrestrial communication, etc are the other supernormal potentials and talents bestowed by the activation of *ājňā cakra*. The exponents of *dhyāna-yoga* regard the *ājňā cakra* as the core of self-realization and the center for the linkage of the individual consciousness with the Omnipresent Supreme Consciousness – the *Para Brahṁ*. Realization of divine powers and *thou* presence also becomes possible by spiritual enlightenment of this *cakra*. An ordinary person could attain supernormal potentials and eminent talents by activation of this extra-sensory center. The different practices of *dhyāna-yoga* focus at stimulation and illumination of this 'third eye'.

Some researchers of the modern theory of evolution believe that, ages ago the human body possessed a third eye on the forehead in the middle of the two eyebrows. This eye, because of its rare use, remained closed and gradually got suppressed inside the brain. This eye eventually got transformed into a tiny gland with the flow of time. They regard the pineal gland as the microstructure of this 'transformed' eye. In a grown up man or woman today, this tiny endocrine gland is found to weigh hardly about 1 to 2 milligrams on an average.

The pineal gland makes excellent contributions to the growth and evolution of the structure and function of the human body. This is the only gland in our body that possesses neuronal creativity like that in the brain. Disorder or malfunctioning of this hormone-secreting center might result in severe consequences. Imbalance in its hormone secretion might give rise to varieties of incurable psychosomatic problems. If activated in natural harmony with the other functions of the brain and the endocrine system, it may arouse extra-ordinary talents and supernatural potentials.

It is now well known that a disorder in the activation of the pineal gland disrupts the secretion of the growth hormone. A little excess in this secretion, even by a micron fraction (of the normal or healthy level), would result in puberty before teenage, excessive growth of the body or some of its components, untimely and abnormal aging, etc. Its slight deficiency on the contrary would stop the growth of a child or youth. One would remain a dwarf or under developed – being like a child physically and/or mentally, in such cases. This gland helps the pituitary

and the pancreas glands. Hormonal secretion through the other glands (e.g. the adrenal and the thyroid) of the endocrine system is also controlled by the pineal.

Zoologists have found that the third eye is still present in gross and active form in several organisms other than man. These creatures used it in the day-to-day functions as normally as we use our two eyes. They sense the time, direction, change of weather, the vibrations below the earth's surface with the help of this special faculty.

A group of scientists in the West Germany have discovered that this gland also works like a Compass Needle in some animals. Some of the biomagnetic waves have similar characteristics as the Geomagnetic Waves. These biomagnetic currents active in this gland of some animals and birds help them sense the directions. Several Siberian tourist birds rove up to Australia in specific season and return back along the same route. The same is true of several other birds, which make use of this 'magnetic eye' and tour around the world. Exceptionally though, this sense of direction is also present in some people who can walk in any direction and find their destination while keeping their eyes closed.

Some animals have non-stationary temperature of blood. Their blood becomes cooler in winter and warmer in summer. This tiny gland works like a thermostat in their body. However, these are only some elementary functions. Its enormous powers could be expressed only in the human body where it is hidden in the highly evolved structure of the brain and the sublime domain of consciousness.

Anatomically, if any organ is not used in any physiological or biological activity, it is termed as a vestigial organ. The pineal pituitary axis and the hypothalamic tissues were also been neglected as waste or redundant structures in medical sciences until recently. The notice of the crucial role of neuro-hormonal secretion has now brought into light the fact that these structures, and the other endocrine glands and subliminal centers could be the latent sources of supernatural powers. We do not experience this because of our ignorance and lack of efforts. The *dhyāna-dhāraṇa* and other endeavors of *yoga-sādhanās* offer this opportunity to stimulate the vital charge of such extra-sensory centers. In particular the activation of the *ājňā cakra* by these spiritual endeavors enables the linkage of the individual consciousness with the cosmic consciousness and hence with the subliminal, unknown, higher realms of knowledge….

The Core of Infinite Potentials

Small in appearance but gigantic in powers – is the nature of human mind. The depth and expansion of its potentials is as vast and astonishing as that of the mysterious universe. The structure and function of the human brain remain undecipherable and appear to be supernatural in many respects. The majestic powers of human mind indeed reflect the presence of the divine consciousness, the omnipotent *thy*-expression in its inner core. If the human body represents the gamut of natural powers and also the source of advanced scientific developments, the human mind is a masterpiece sample or a live model for research in the cosmic science of consciousness and spirituality. Naturally the place of consciousness is superior to that of the matter. It is the conscious power of the mind that controls the visible and the internal activities of the body. What is more? The human mind is even endowed with the power to link itself with the omnipresent subliminal impulse of the Supreme Consciousness. As the soul is linked with *thy* glow of eternity, the mind of an individual being is also subliminally connected with the cosmic mind.

The brain being the main center of the activities and manifestations of mental powers has always been the focus of scientific inquisitiveness. Memory, being the most important faculty of knowledge-acquisition and progress in life, is extensively studied by the researchers from multiple directions. Dr. Robert Rose of the University of Chicago has discovered some chemicals in the human brain, which are used in the retrieval of memory and complex information processing. These fall in the class of neurotransmitters. The structure, properties and types of neurotransmitters appear to be measureless like the infinite domain of mental activities 'processed' through the brain. Extensive research in this area since the past few decades continues to add new discoveries in this seemingly endless list.

Neurotransmitters are likened with radio waves as the carriers of information-signals. The neuro-modulator hormone in our brains works in a rhythmic order to upkeep the optimal concentration and harmonious activities of the neurotransmitters as per the need of the moment. This hormone, also known as the Adrenocorticotropic Hormone (ACTH), is secreted by the pineal gland. Because of its natural tendency of constant activity, with its secretion it also starts producing the adrenal hormone that significantly intensifies the memory.

Research on human brain keeps unfolding ever-new secrets on its marvelous control over the impulse of life expressed in a being. In 1978, a symposium was organized in the Royal Medical College, London, to discuss the abnormal event of heart beating in a person after he was declared dead. Focused research on

these aspects later on revealed that it is the brain, which also controls respiration and the beating of the heart. It was thereafter declared that a person could be regarded dead only after the death of the brain cells – cessation of the brain-functions. Failure of the heart precedes this event.

Despite the worldwide, dedicated research, what is known so far about the human brain is far from complete. The hidden memories, neuro-hormonal secretions, interdependence of biomagnetic and geomagnetic effects and neuronal excitations, extrasensory perceptions, role of the unconscious mind, etc are some of the challenging issues being investigated in the front-line research laboratories. We should realize the divine potentials of our brain and its all-powerful mental domains and try not to squander or ignore this boon. Prudent endeavors to arouse and righteously channelize its immense powers – is indeed what could be expected of us, the intelligent beings.

Riddles of Nature – Challenges For The Intellect!

Normally we make use of our mind to collect worldly information pertaining to our personal, professional and social interests. Our thinking and intellectual activities too are usually confined to the subject matters of the world we perceive through the sense organs. This way we employ only the superficial talents and gross potentials of our brain (mind). Whatever happens in nature is generally attributed to the unknown or mysterious world if it is inexplicable by the known laws of science or if it is beyond the grasp of trenchant intellect. However, as the savants of the subliminal science of mind and higher levels of consciousness opine – the day we would arouse the inner potentials of our mind and our inner intellect and learn to make use of the extrasensory powers of our mind, nothing will be thrilling, secretive, or mysterious in this world.

The Mysteries of Nature experienced from time to time in different parts of the globe seem to convey us that in spite of unprecedented intellectual evolution, there yet remains a lot to be deciphered today. And that, we have yet to pierce through the hidden layers of our subliminal intelligence to explain the unexplained and the inexplicable.

Schulkoff and Hutten families experienced one such mysterious incident in 1923 on the Silt Island of the North Sea. The two families had gone there to spend the summer vacations together. After a joyful week, William Hutten received an emergency call to join the duties at the earliest. Unwillingly though, he planned to depart on the 2nd of August. When his family members and his friend Schulkoff with his family were returning back after seeing him off, they stopped for a while on the seashore to watch the spectacular sunset.

The sea was calm. There were no unusual winds either… But all of a sudden it became terribly turbulent! Mr. Schulkoff noticed a huge boat fighting to survive the high tides in the middle of the violent sea. Some fishermen on the shore were trying to help their friends entrapped in this boat. In this effort, they fired a 'life-line' with the help of a cannon kept on stony platform a few yards away from where the Schulkoff and Hutten families were watching the boat struggling in the storm. This 'life-line' was lost in the cyclonic waves before it could reach the target. Three consecutive attempts went futile. In the mean time, several men, women, and children from the fishermen's colony had gathered there. They were all screaming and praying for the safety of the ill-fated boat. The tourist families also remembered the Christ and prayed for His mercy.

At some distance the naval security force was seen engaged in its attempts to rescue the fishermen striving for life in the deadly tides. Some naval cadets sailed in a small boat with emergency support. Though slowly, they could reach the boat in trouble… What a tragedy! Before they could start the rescue operation, a huge wave gulped the victims' and the saviors' boats. Moments after this disaster, the sea became calm again, as though nothing had happened. The tourists were all in tears. The turned towards the grieved families of the fishermen on the shore to offer condolence…

They were however shocked to find nobody there. What happened to the hundreds of men, women and children who were screaming and crying there minutes before? And there! The naval guards too were not seen in the sight. Was all that an illusion of sight? Mr. Schulkoff thought. But then his wife, children and his friend's family, every body experienced the same at the same time? Where was the cannon that was firing the 'life-line' with bombarding noise? Nothing was there except the stony platform. He went there with the other companions. It appeared to be a monument. The inscriptions on this platform read –– "In the memory of the brave fishermen and their saviors who sacrificed their lives, fighting the dreaded cyclone on the eve of 2nd August 1872. May their souls rest in peace".

They were all stunned! It was 2nd August today! So, "Was that incident a replay of the 51 years old reality?" Every one was quite puzzled. They went to the local priest and narrated the dreadful experience of the evening. He informed that the mysterious event recurs on the same day, the same time every year. Thousands of local residents and tourists – including the scientists, police and detectives have witnessed it and had the same thrilling experience… However, no one has yet been able to unfold the mystery.

The narration of Mr. Schulkoff and reports of Mr. William Hutten had attracted many researchers of nature and several brain scientists towards the historical event described above. Commenting upon such mysteries of Nature, renowned psychologist Dr. Ramsey Bernard Hutten writes in his autobiography that – "what all happens or is experienced in this world cannot always be explained by the theory or science that is based on visible evidences. There is also a world beyond our perception and beyond the reach of our extrovert intellect, which cannot be grasped or sensed by any instrument…"

"There are many incidents associated with this subtle world which appear before us as the reality of the present. These experiences in a way inform us that Nature can express the events of the past as well as the future anywhere in the eternal flow of time. What the cognitive sensors of our mind realize as "true" or "real" in these incidents is indeed true but need not be associated with the present. The

"Time Capsule" of our mind receives these subtle signals in specific conditions at specific places as per its linkage with the subliminal impulses of Nature…"

We normally use only about 7% of the real potentials of our mind. Even the highest level of intellectual performance and deep thinking corresponds to at the most about 10% activation of its immense power. The rest remains dormant except in the rare cases that are attributed as endowed with supernormal talents.

Noting the intrinsic capabilities and hidden knowledge of the inner and yet undeciphered cores of our mind, we should not have any prejudices in accepting the possibility that – if discovered and employed ingeniously, the science of the subliminal mind would elucidate the mysteries of nature and help enlighten the multiple dimensions of life with the glow of absolute truth.

Hypnotism May Help Unfolding Of The Unconscious

The oriental science of psychology describes six methods of controlling others' mind –– *Māraṇa*, *Vaṣīkaraṇa*, *Ākarṣaṇa*, etc, under the head "*Mohana*" which is termed "Hypnoze" in Greek and "Hypnotism" in English. The depth of knowledge of this ancient science of *tantra* was lost in the medieval era. As a consequence, only magical shows and arbitrary and partial practices of hypnotism have been popular in the later years. The modern practices range from the imposition of artificial dreams to misuses in brain-washing and the so-called 'black magic' for the emotional exploitation or black mailing of the hypnotized subject.

Until the end of the 19th century, people in different parts of the world regarded hypnotism as black magic, *kabālā*, or mere blind faith. However the experiments of Dr. Mesmer and the advent of scientific inclination towards deep psychology and spiritual healing have changed the scenario. Use of hypnotism or mesmerism in medical treatment is now quite a popular mode of alternate medicine.

According to reputed doctors like Dr. William Brown, hypnotism based therapy could be an effective remedy against psychological and psychopathological disorders. Dr. Brown has treated hundreds of patients by this method (called hypnosis) and inspired them towards optimistic and healthy life. He had also treated the psychological and neurological problems caused among the soldiers during the First World War using hypnosis. In those days hypnosis was the only treatment of neurosis. The use of this method gained momentum since the success of Dr. Brown's experiments and attracted further research.

In hypnosis, the patient (subject) is made to practice artificial sleep without touching him. The instructions directed for this purpose depend upon the patient's psychology, mental and physical condition… The willpower and concentration of the doctor (instructor) play a major role in this regard. Hypnosis is a popular healing technique in the western countries these days. It is said about the celebrity healer and visionary Mr. Edgar Keisei that because of Laryngitis he was unable to speak until the age of 21 years. However, self-hypnosis brought miraculous change in his health. He could not only get rid of the disease, but his self-hypnosis also aroused some of his extrasensory powers. He is still remembered as the 'sleeping doctor' of magical excellence. This illiterate doctor has successfully cured over ten thousand patients suffering from otherwise intractable diseases.

Renowned French Psychologist and Neuroscientist, Dr. Richert is regarded as an eminent expert of hypnotism. He has founded a hospital in Paris where

psychiatric and psychosomatic cases are treated by hypnotism based alternate mode called "Psychic Excursion".

In the views of Dr. Herald Venn of the Walter Reed Army Medical Center at Washington, hypnosis is an effective method of treatment, which does not have any negative effects. Dr. Joseph Barber of the University of California at Los Angeles opines that this method is an excellent substitute for pain relieving analgesic drugs. Especially in the severe cases of burning and 'Phantom Limb' pains, hypnosis works like magic. These pains are so terrible that the patients even attempt committing suicide to end the agony. Hypnosis offers them great relief – the hypnotized patient sleeps for hours without feeling any pain.

Several dentists have also tried this method to offer pain-less removal of teeth and surgical operations of jaws. Dr. K. Thompson of the West Virginia University had successfully applied it collectively on a group of patients suffering from dental problems. Before the discovery of anesthesia, the ancient surgeons used to try hypnotism for this purpose. This technique seems to have revived… Distinguished Dr. Henry Bennett had used hypnosis on anemic patients and recorded exceptional success. Hypnotism is also found effective in improving the concentration of players in several indoor as well as outdoor sports.

Pediatrician Drs. Josephine and Samuel Lauren affirm hypnosis as an essential remedy for relieving the unbearable pains of the children suffering from cancer. Hypnotism is also found to harmonize their breathing. Although all kinds of cancers are not curable, hypnosis is believed to be quite effective in suppressing the advancement of this dreaded disease. Chronic problems of giddiness and vomiting are uprooted by consistent use of this technique. Positive effects are also seen in the cases of asthma, bronchitis, allergy, several kinds of skin diseases, and hypertension.

Dr. F. A. Mesmer of Vienna (Austria) had pioneered the use of hypnotism for healing in the modern times. He was and eminent physician of his times… He established the theory that the mental potentials of a person function through a rarified fluid – a magnetic medium. He showed that this extrasensory fluid can be charged and affected by hypnotism. In his views, a biomagnetic current continuously flows in the human body; its external force is maximal in the pores of the fingers. With rise in the willpower and mental determination, one can intensify this power and apply it at the focused point or subject. This principle of "the biomagnetic effects of human mind" led to the healing experiments and methods known as 'Mesmerism' after his name.

Hypnotism is indeed a visible effect of the force of attraction of intensified biomagnetism of the doctor (instructor) that influences the 'mental fluid' and the

bioelectrical functions of the subject's brain and conducts it according to the instructions of the doctor (expert) who hypnotizes him.

Dr. Alexander Ralf is well known for his book entitled 'The Power of Mind'. He mentions in this book that – "human mind can influence living beings as well as inanimate matter… By deep concentration and focused practices, this power can be used in settling the disorders in the natural functions of the body and the mind and hence in curing a wide variety of diseases". The techniques of 'healing by touch' also demonstrate such influences. One upon a time, this method was quite popular in Greece. Dr. Pepirouse had contributed significantly in establishing these practices in the ancient medical science of this country. Kings Piero and Veseypsean were cured of severe diseases by the biomagnetism-based methods of healing-by-touch. Many of the French emperors – from Francis I to Charles X were also treated by the heeling effects offered by the talented masters of such techniques.

These biomagnetism-based techniques (called "*sparśa cikitsā*" in the Indian scriptures) mostly involve the healer's touch – by hands, fingers or palms, and his eyesight focused at the desired portion or organ of the patient's body. As the vital flow of biomagnetic currents is maximal through the eyes, and eyes also happened to be sensitive receivers of such currents, in most experiments of hypnotism, the expert looks directly into the eyes of the subject (patient).

Blessings of saints and spiritually enlightened sages also seem to be effective according to the principle of – transmission of biomagnetic force from higher to lower level. The piety and strength of these great personalities elevates their *prana-sakti*[5] and hence the biomagnetic and bioelectrical force in their body. They employ this aroused power to eliminate the sufferings and pains of the victims… Dr. Marquis D. Pussegar cites several examples –– in his book "The Magnetized Animal" –– where spiritually charged persons have made use of their super normal radiance of eyesight in hypnotizing people and thereby bestowing health and strength on the latter.

The experts of hypnosis adopt what is known as the principle of – "externalization of sensibility". They hypnotize the patient to extract and eliminate his hidden fears, prejudices, negative tendencies and untoward memories. After the necessary cleansing, they also induce new hopes, positive thinking and mental strength in the hypnotized mind.

The Galvanic Skin Resistance (GSR) of the hypnotized persons is found to increase almost ten times during the hypnotized sleep. Several experts of modern medicine have verified these facts and also remarked significant positive effects through EEG analysis. The hypnotizer usually applies his willpower and

sentimental force to sympathize the patients to help the latter's mind calm down and stabilize. He then applies his biomagnetic force through mental concentration to stimulate the rarified fluid in the patients. The patient's eyesight is focused on a single light-point and he is made to listen to continuous rhythmic sounds such as the 'tick-tick' of pendulum… Synchronized effects of light and sound are exposed before the patient with the help of a metronome. This helps good conditioning of the patient's mind for best reception of the effects induced by the instructor.

The structure of human mind is so complicated that one cannot even attempt understanding is without sagacious acumen and enlightened depth of realization of its subliminal cores. The savants of the subtle science of mind describe three important factors associated with mental functioning. These are –– *jāgr̥ati* (consciousness), *smr̥ati* (retention and retrieval of memory), and *dhr̥ati* (inner force of the subliminal core of mind). Consciousness of mind enables perception and conceptualization. This faculty of mind governs normal activities of the awakened mind. Memory is crucial in the acquisition and application of knowledge. Learning from examples, from experience, and all the usual as well as brighter levels of intellectual activity and creativity depend upon the trenchancy of memory. *Dhr̥ati* is the subtlest faculty of human mind. It reflects the linkage of the inner mind with the cosmic mind. If stimulated, it enables clairvoyance, telepathy and precognition. Reading and controlling others' minds becomes possible by the radiance of *dhr̥ati*. Hypnotism is a natural byproduct of the supernormal potentials attainable through the activation of *dhr̥ati*.

Psychiatrists and experts of deep psychology regard mental disorder or disturbances as the root cause of all psychosomatic disorders and major diseases. Hypnosis attempts stabilizing the patient's mind and putting it into deep sleep. The patient's body becomes almost unconscious and his conscious mind is made thoughtless by inducing artificial sleep. The expert activates his unconscious mind and sends biomagnetic signals and instructions to this inner core of mind. His inner mind is made engrossed in absolute empty. It is thus temporarily detached from all memory and assimilation. Now the instructor communicates the desired effects through focused instructions. This method is found to be most effective and rational mode of uprooting the mental weaknesses and malice and for arousing self-confidence.

Based on his extensive research and experiments, Dr. L. Vasilev concludes that –– an experienced and mentally strong hypnotizer can send the radio signals of his mind deep into the patient's mind in order to eliminate the hidden impressions and disorders of the latter… He believes that this method could also be used for distant medicine as a remote mode of treatment.

Mental complications and disorders cannot be deciphered without thorough psychoanalysis. Roots of such problems sometimes lie so deep that these cannot be diagnosed and treated in the awakened state… At times, the latent memories and impressions of the previous lives are also found to cause severe mental problems in the present life. The deeper causes require treatment at the level of the unconscious mind. Hypnosis and spiritual treatments remain the only effective remedies in such cases.

Hypnotism is no longer regarded as mere imagination or blind faith, neither as a black magic by the front-line researchers of medical sciences. The rapid growth of psychosomatic disorders –– including tension, depressions, insomnia, etc, and varieties of psychiatric problems and the observations that such problems can be treated by hypnosis have accelerated research in related areas. Hypnotism could also be used in *prāyaścita* (confession and expiation) based modes of spiritual refinement and elevation. The ancient science of human psychology and spirituality should be reinvestigated in order to advance the knowledge and application of this method that was originally devised and extensively employed by the sages of yore in multiple dimensions of life…

Human Mind Or A Living Encyclopedia?

Edgar Keisei of Kentucky was endowed with supernormal mental powers. Without having a medical degree or related training, he was able to suggest excellent remedies to patients of all kinds. He used to advise an effective mode of cure in a matter of minutes for the diseases, which even the eminent doctors of his times were unable to diagnose and treat. Just by looking at the patient he was able to know in which part of the body or in organ the former had an ailment and of what kind? Or, what is the cause of his mental disorder or tension etc? Not only that, his active sixth sense was able to vision even the best remedies, the medicines and the optimal mode of their use. He used to describe these in detail at once. Amazing! The patients used to get cured in practically no time by the treatments prescribed by him.

When the increasing popularity of this young man reached the American Medical Association a commission of experts was constituted to thoroughly examine and study his talents. Once the members of this commission brought a serious patient before him. This patient was quite affluent and had tried best possible modes of treatment. Hundreds of experts around the globe had seen him but without any relief to the patient. His disease was declared incurable. The kind heart of Edgar Keisei felt the pains of the patient. He immediately fell into trance. The doctors on the commission noted in their report that in this state Edgar's body functions were normal but he was practically unconscious.

After a while, Edgar started describing the patient's sufferings in detail. Many of his pains and troubles were difficult for the patient to express or explain. Even thorough medical examinations and tests identified none. But this supernormal 'doctor' had deciphered and described them so clearly and so perfectly as though he himself was experiencing all that! He had not heard a single word from the patient neither had this illiterate man seen any of the case papers or reports. There was no communication or connection between the two. This was a startling experience for the experts too.

Edgar Keisei also prescribed a 'new' medicine. But nobody had heard its name before. Then he described its constituents. This appeared to be a rare or new formula. It was impossible to find it in Kentucky. It was not available in any big cities of America either. Then the rich patient's family arranged for advertisement in world's leading newspapers. Finally a young medical (pharmacology) researcher replied against this query that such a formula of a drug was invented sometime back and was sent to a laboratory for testing. He also gave the address of this laboratory. The lab confirmed having tested the

utility of this drug. But, the drug had not yet been okayed for large scale production and marketing. However, the laboratory could provide a sample of the desired preparation to this patient on the recommendation of the American Medical Association (AMA). The patient was given two doses and he was almost cured? He regained normal health after couple of weeks.

The miracles of Edgar Keisei were by now globally known. In an epoch-making decision, the AMA awarded the title of "Doctor" to this illiterate and also honored him by its prestigious medical fellowship. He was invited as special advisor to examine rare diseases and guide possible treatments. He used to see two to three patients per day on his own but never charged any fee for this 'divine service'.

When asked about why he makes the diagnosis and advice in a state of trance, and how? His reply would be –– "In this state my mind attains some super natural power to link itself with the inner mind of the patient. In the awakened state my mind cannot do so because of lack of deep concentration. My body and external mind become unconscious in the state of trance because the vital energy of every component, every cell is extracted and is used by my focused (inner) mind. The pains and feelings of the patients, all expressions of his bodily and mental impulses are inscribed in the patient's inner mind. When my mind is linked with his mind, it receives those experiences as information signals".

He continued –– "In fact what the medical sciences and psychology have so far deciphered about the human brain (and mind) is only about 10% of its real potentials. Unfolding the secrets of the remaining 90% is indeed a challenge before the modern science. The hidden powers of human mind appear to be limitless. Its inner impulses can reach anywhere in the world. Can get the information from anywhere and transmit it at a greater speed than radio waves and more clearly than the television processors. I use only a small fraction of this inexplicable power in the state of trance to diagnose the patient's problem and to know its appropriate treatment…"

The advancement of computer technology, the worldwide communication network (the Internet), today have made the retrieval and transmission of information from end of the world to the other almost instantaneous. The knowledge based intelligent computer systems offer expert level applications in wide variety of areas ranging from –– astrophysics, medicine, computer aided drug designing, etc to architecture, banking, finance and marketing, management, etc.

When the man made electronic devices could be so wonderful, then what about the human brain – the perfect creation of the Omniscient, Almighty, God? The

human mind is indeed a miracle of consciousness that can visualize and traverse anywhere in the infinite expansion of the cosmos in nanoseconds. It can acquire unlimited knowledge and is endowed with supernatural potentials. Despite this living boon bestowed upon us, if we live a dull, deprived and dependent life, it is a gaffe, it is a sin; it is an insult to the blessings of the Omnipotent…

Vision of the Hidden Eye

The inner depth of consciousness in human mind is a repository of divine talents that could be experienced, aroused, and used by dedicated endeavors… Clairvoyance, telepathy, extrasensory perceptions, and precognition are (latent) attainments of the inner mind. At times some of these supernormal faculties are suddenly activated in some people. This is attributed to their intrinsic tendencies and spiritual endeavors of the earlier lives, or, the accidental stimulation of some extrasensory centers in their brain.

It happened a couple of decades ago. Julia Vorob'yeva of Russia received a severe shock from the crane, which she was driving. She fainted in the accident and could not gain consciousness for several days. Her heart also stopped beating… She was thought to be dead. However, during the fist phase of postmortem the doctors noticed some activity in her brain. She could gain consciousness and normal health after several months of intensive care. Interestingly, the strong electrical shock had activated some extrasensory functions in her brain.

She was now able to see much deeper and sharper than the normal humans. She could watch the inner structure of the body by naked eyes so clearly, as though an X-ray device was fitted in her retina. She was able to see the hidden sources of water and minerals, etc beneath the earth's surface. Now she could also visualize the spectrum of light beyond the ultraviolet rays. Premonition of natural calamities that were likely to occur in near future was another addition to her unusual potentials. Julia's brain had become a star attraction for scientific curiosity and research.

Renowned parapsychologist William Mochas provides evidential discussion and examples in his book entitled "What Makes Life Significant" to illustrate supernatural powers of human mind. He argues that a limitless treasure of arcane powers exists in our inner self. Every one can arouse this hidden source. Dr. Wilder Penfield of Canada has devised special kinds of electrodes to activate the layers of latent memory in human brain. He has successfully experimented in making the subjects review the past (including the events of the earlier lives) like a video display. He believes that the human mind is capable of experiencing the past and the future as naturally as the present. He has presented significant number of evidential examples in support of the "Cognizance beyond Time" of the human mind.

Dr. Penfield has reported about several subjects who were equipped with exceptional powers of clairvoyance and precognition. For instance, he mentions of a woman named Niyechen who was able to tell the present, past and future of

even a stranger just by touching his body or any of his belongings. Several doctors and scientists of high repute had verified his unique talent. One Ms. Edam was able to describe the appearance of far distant objects so clearly as though these were kept right in front. A Lithuanian boy was blessed of exceptional talents in linguistics. He used to pronounce difficult words with liaisons or speak any sentence – while conversing with the experts – of any language ancient or modern, so aptly as if he was himself a scholar of these languages and he knew beforehand what the other person was going to say next. His perfection in this art was tested in several languages including Latin, French, English, Greek and Hebrew, which he had never even heard.

Neila Jones of South London is popularly known as "Alien Spy". She had no connection with the intelligence department or police as such. But many of the mysterious cases that the intelligence bureau of Scotland Yard was not able to figure out are resolved with the help of her 'sixth sense'. Sitting at home, she is able to focus her mind at the specific case and get the 'missing links' and secret information by her clairvoyance. She has been helping the Police Department since past fifteen years or so. At times, she also gets precognition of criminal conspiracies and warns the police about it. "The Encyclopedia of the Occult" describes the truly rare example of Antennae Messier who was able to have cognizance of the hidden or invisible things by using extrasensory 'sensors' of his stomach.

Noted Russian Psychologist and eminent researcher Prof. Constantine Platonov concludes in his research findings that --"the power of consciousness endowed in humans is limitless and ever expanding. It exists in every component of the body at the cellular, molecular, and subtler levels. The vital power that is active in the brain can also be stimulated and employed at any of the subliminal sensors spread across the human body. If conditioned, activated and trained carefully, any other organ could also serve the purpose of specific sense organs, such as eyes. Skin alone could gather and process all the information that the five sense organs could do collectively. It is the elevated level of specific stream of inner consciousness that enables extrasensory perceptions".

Dr. Platonov has also cited several live examples in this context that were examined and confirmed by scientific experts. One such report describes the case of 24 years old Rosa Kuleshov, who can read the entire newspaper or an article with her eyes closed and covered by dark cloth. She just needs to touch the printed letters by the third and the fourth fingers of her hand. Her reading through the fingers is as clear and fluent as that of her normal reading with open eyes. The skin pores of Rosa's fingertips are so sensitive that these can sense the pattern of printed letters as perfectly and rapidly as the vision of her eyes.

The eleven years old daughter of Mrs. Olga Bizenjanova of Kharkove, Russia is also popular because of similar extrasensory talent. With her eyes closed, tied by a black strip, this girl is able to distinguish between black and white movers on the chessboard, just by a touch. Classification of other objects with respect to colors is also performed equally efficiently by her 'vision' through tactility. She can read the books of her standard by mere touch even when her eyes are closed. Interestingly, she has also been successful in training her arms, shoulders, legs, stomach and back for some kinds of visual pattern recognition. Not only that, this wonder kid can also sense the visible proportions of an object even if it is kept up to 10 centimeters away from direct contact of her skin. Several laboratories have experimented on her in the attempts to open up newer lines of research on mental faculties.

Annette Frelon of France had also posed significant challenge before the scientists. This teenager had attained the extrasensory power like the *yogis*. She used to be silent most of the time. If at all she would utter anything, it would be short, precise and meaningful piece of knowledge. Whenever asked an important or serious question, she would go into meditation. The reply or answers would then appear as written in big red letters on her arms, shoulders, and legs… These clearly visible inscriptions used to disappear after some time without leaving any mark on her body.

The sensitive cells of the skin are said to perform the tasks of 'vision' and 'expression' to some extent in every living being. However, this power is negligible as compared to the extraordinary potentials and does not provide scientific explanation to the supernatural experiences of the above kind.

The supernormal examples further affirm the immense potentials of human body and mind. We mostly remain ignorant of these transcendental faculties. Whenever we come across with some expression of the arousal of extrasensory talents, we attribute these to miracles, bequest of nature, rare coincidences or to yet unknown hormonal effects. Only few of us realize that these astonishing powers emerge from within. The seed of divine potentials is hidden in our inner mind. We need to cultivate the environment for its sprouting and growth by sincere endeavors of the refinement and righteous orientation of the mental powers and tendencies.

The Key to Total Health Folded In the Neuronal Network

The importance of mental strength and intellectual trenchancy is seen at every step of progress in every dimension of life. The bright fellows are seen moving ahead with ascending success in different walks of life. The dullards or mentally weaker ones on the contrary can not even make proper use of the favorable circumstances. Radiance and determination of mind is also essential in resolving the ever-new challenges of life and in the evolution of personality.

As mentioned earlier, the power of brain works in the body via the network of nerves. The nervous system may be regarded as the workshop of the physiological and information processing activities of mind. The ensemble of the manifested and the hidden faculties of mind (*mana*) is termed as "*Manaḥ Sansthān*" or "*Manaścetanā*" in the science of spirituality.

School education and specialized training along with extensive reading and problem solving etc, are often pursued for intellectual developments. The refinement and strengthening of *manaścetanā* could be achieved by the spiritual *sādhanās*. The latter in turn account for intellectual illumination too.

The invisible role of *manaḥ sansthān* is gradually being signified in the medical sciences too. About 200 years ago, the medical experts affirmed the seasonal variations and germs as the major causes of diseases. Long-term research and deeper understanding of the body-system have now revealed that the control of the mind is predominant in harmonious functioning of the body. The injuries, infections and diseases driven by external causes can be cured by medical treatment if the willpower and vital force of the mental domain are strong. The complicated disorders and intractable diseases are mostly the direct or indirect offshoots of mental malice, complexes, and weaknesses. These cannot be diagnosed and cured completely without identifying and eliminating the root cause hidden in the *manaḥ sansthān*.

Untoward assimilation, immoral tendencies and psychological suppressions lead to varieties of psychosomatic disorders. The number of people suffering from psychological complications of different kinds is no less than that of those bearing the burden of the bodily diseases and deficiencies. These people usually live in a partially insane, eccentric, or depressed state of mind. Their agony and fear, though hidden, is more severe in general. Spiritual methods of refinement and empowering of the *manaḥ sansthān* appear to be naturally soothing, effective, and viable modes of treatment of such disorders.

Physiologists know well how the brain regulates the sensory and motor activities of the body through the nervous system. The conscious power of mind and the bioelectrical impulses of the brain lie behind the activity of the sensory organs and the expressed faculties of mind. Pains of the mind are reflected in the body too. For instance, in the case of severe tension, fear or gloom, the body too gets fatigued and lulls in weakness. It can't perform even the routine tasks systematically. The excitements of anger, jealousy, revenge also cause correspondingly negative effects on the body and its internal and external activities.

These day-to-day experiences indicate the influence of mental condition on physical health.

People possessing tension-free and blissful positive attitude often enjoy peace of mind and longevity of health. The usually worried, stressed, or excited ones, however, are bound to wane and weaken their health and invite complex diseases that may eventually lead to untimely death. The climate, the surrounding atmosphere, routine schedule of life, nourishment, work habits, etc do affect the body-functions and moods. However, these effects are negligible as compared to the slow but steady and sharper effects of the impulses of the *manaścetanā* on the delicate harmony of the vital functions.

The neuronal network and nerves are believed to transmit the effects of emotional and mental impulses in the endocrine and the sensory systems. The tendrils of the muscles too are found to be sensitive to such transmissions. These fibrous structures are the building blocks of the active connections in the nerve-muscle web in the body.

In terms of the vital power that enables the bio-electrical functions and information processing in the brain and the body and that is expressed in the faculties of mind, we may classify the neuronal activities into two types –– the conscious and the unconscious. The activities of the body, which we seem to control in the awakened state, belong to the conscious domains. The ensemble of neuronal activities pertaining to the unconscious mind is beyond our control. The internal functions of the body –– including the non-stop circulation of blood, breathing, heart-beating, etc are governed by this (unconscious) component of the *manaḥ sansthān*.

The center of activity – in the neuronal system – of this unconscious component is said to lie in the hypothalamus. This region of the brain is found to be rich in the concentration of MAO (mono-amine-oxydase) enzymes. The principle endocrine glands – the pituitary and the pineal, are also associated with this reticular activity system. This core thus holds the key to major hormonal

secretions that link the emotional reflections and the physiological effects and reactions of the body.

Stimulation and expression of the hidden assimilation of the unconscious mind generates corresponding vibrations in the hypothalamus and triggers the secretion of specific hormones…. This consequently results in instant or gradual variation in the body condition and leads to the different kinds of reactions or disorders. The hypothalamus is therefore referred as the central place of the expression of mind. The healthy conditioning and harmonious functioning of this system is essential for soothing the mental and physical health too. Because it is through this core that the effects of the unconscious component of the *manaḥ sansthān* are realized in its conscious counterpart and are enabled to drive the associated subsystems of the neuronal network and the nervous system and hence the overall bodily functions into action.

According to Dr. Franchel of Vienna, healthy mental system sets the foundation of healthy life. He has devised a 'logotherapy' for treatment of mental imbalances. Here the emphasis is laid upon making the patient realize the importance and purpose of life. The doctor opines that –– if one does not know or feel the relevance of his life and of the work he does, then he cannot remain healthy. In his views, the knowledge of the aim of life and optimistic endeavors towards accomplishing this aim is the source of mental bliss.

While treating a patient by logotherapy, Dr. Franchel discusses all facets and experiences of the life of the former and finds out which of them he (the patient) liked and which ones triggered hatred, fear, or dejection in his mind. The doctor analyses the psychology of the patient with respect to this background and the circumstances of his life. Accordingly the patient is offered counseling and moral support to help him cultivate positive attitude and seek meaningfulness in every aspect of life. Once he realizes or sees the light of hope in his life, the patient begins to feel self-confident and ponders over the presence of hidden potentials in himself. This inspires a force of enthusiasm and happiness in his mind and thus induces the desired flow vital energy and endocrine secretions to enable his fast recovery from the mental or physical ailments.

The subliminal body – the core of *manaścetanā* is found to have immense impact on the 'energy body' and hence on mental and neurological health. As discussed earlier, the malice and imbalance of thoughts and negative sentiments are found to be the principal causes of many of the complicated psychosomatic disorders and neuronal problems. Dr. M. Pierre Gates writes in his book on "Impact of Mind on the Body" that the negative effects of mental complexes and emotional excitations or suppressions could be manifested in different forms –– ranging

from boils, ulcers, eczema and other skin diseases, to severe psychosomatic abnormalities.

Negative thinking and inhuman sentiments are regarded as the 'disorders and diseases' of the subtle body, which upset one's psychology, brain functions and hence the bodily condition too. Refined thinking, generous attitude, and altruistic ideology, on the contrary, accelerate the positive effects on the *manaḥ sansthān* and healthy maintenance of the body. A large number of experiments in psychological and medical sciences conducted since past couple of decades, reaffirm the inevitable influence of mental health on the body.

The advanced experimental research in endocrinology and neurology indicates that a little perturbation in mental peace disturbs the harmony of bioelectrical currents across the neurons. The other cells in the body too do not remain unaffected from such variations. The negative effects caused by the feelings of hatred, jealousy, anger, unchecked concupiscence, etc, are found to be more intensive on the hormonal secretion and cellular excitations. With scientific recognition of the importance of mental peace and positive thinking, the methods of psychological treatment or counseling –– especially those of brainwashing, autosuggestion, biofeedback response and training, are being increasingly adopted in medical health care.

The science of spirituality advocates positive thinking driven by belief in one's divine virtues. The spiritual endeavors of different kinds of *sādhanās* initiate simultaneous refinement and evolution of mental domains in coherence with one's biological, psychological and spiritual nature. These practices not only ensure physical and mental health but also pave the way for gradual intellectual illumination, arousal of hidden potentials and spiritual elevation.

So Wonderful Is Our Mental Communication!

At times one receives some inspirations or premonitions that save him from a danger or severe loss, or protect him or his family from grave tragedy. He recognizes this great fortune as a boon of God or an astonishing coincidence…. In such cases, people do not either know or tend to forget that such experiences are not miraculous. Rather, these are natural reflections of the divine force hidden in the inner self. The purer be our mind, the more intense would be this force and higher would be the frequency of the precognitive experiences. Spiritually enlightened, saintly minds can communicate via the subliminal waves of consciousness and gain such supernormal knowledge in day-to-day life as easily as we gain information about the physical world from a radio, television set or a computer network.

Occurrence of 'miraculous' or 'supernormal' events in the lives of ordinary people from time-to-time reminds us of the immense power folded in the inner cores of our mind… Such incidents are generally experienced when our external mind is calm and the inner mind, if devoid of untoward excitations and assimilation, gets an opportunity to express its linkage with the extrasensory world.

It happened in South Gate, California. Dedicated social worker, Mr. R. L. Benedict was once going towards Philadelphia. One of his colleagues –– Mrs. M. B. Jean was driving his car. The car failed on the way near a small township. It was near a ground surrounded by some buildings. There was plenty of space for parking. Mrs. Jean was about to park it when suddenly Mr. Benedict stopped her, shouting – "Please don't park it here. There may be some danger….". Nobody, neither he himself could follow what made him utter this strange instruction! Anyway, they parked the car at the other side of the compound and went out to call up a garage. Some other colleagues, who accompanied them, also went out looking around for shopping, etc. They all returned after an hour or so. To their stunning surprise, they found that a building had fallen at the spot which Mr. Benedict's 'sixth sense' had avoided. A car parked there by someone else was completely smashed. They all thanked the Almighty for the afflatus that saved their lives.

In yet another experience of this kind, as Mr. Benedict describes – "I was travelling with my family. We all were passing through a forest on a hill. My younger son was driving the car. All of a sudden I started sensing the possibility of a disastrous accident. I shouted –– "Mike! Reduce the speed at once! Don't ask why? There is no time left…" Mike was startled! Any way, he changed the gear and controlled the speed immediately. Just ahead was a U-turn sign, there we saw a group of stags crossing at a distance of merely 30 feet. The animals were

sure to collide with our car had the speed not been slowed down. Mike was now able to stop the car about four feet before and could allow the animals pass by safely".

The experiences of Mr. Benedict are not unique. The inner self of each man and woman sends its righteous guidance at every important step of life. Those who keep their minds clean, introvert, and open to link with the inner self are blessed by timely reception and understanding of the messages. Most of us however block this channel of subliminal impulse by the insulation of ego, lust, and selfish attachments.

Our mind is endowed with the power to transmit our deep sentiments and thoughts to our near and dear ones, or to those having compatible level and frequency of thought waves.

Mrs. B. N. Kenyan of Texas, Arlington has compiled her encounters with supernatural experiences. At one place she writes that –– "My husband was undergoing unusual stress those days. He had taken a short-term loan from a bank. His brother had promised to help him refund this amount in due course. However, due to some unprecedented problems the latter could not do so. The bank had sent notices to my husband. He was under tension – did not know from where to get the huge sums? His business had not started paying the returns. One of those days he worked late in the night and went out for a stroll in a near by park. This was nothing unusual; he often used to do so.

That night when my son slept and I was about to go to the bed, I suddenly felt very uneasy. I started shouting – "Please Tony, don't do this?" This call for my husband was coming through the depths of my heart. I continued insisting – "Please come back soon. Think of our children. I need you, Tony, come back here…" I some how felt that he is listening to my call. Minutes later the door opened and Tony entered in the hall. I ran there and hugged him. "Don't even think of it again. Promise!" I sighed. He was surprised and asked in rather meek voice –– "How do you know what was there in my mind when I was in the park?". I replied –– "I don't know, but somehow I felt that something adverse is going to happen… The feeling was so strong that I could not help calling you eagerly, despite knowing that my voice can't reach you…"

"My husband, Tony, now confessed that he was planning to commit suicide. He had even taken a pistol along. But, all of a sudden he felt in the park as though an invisible force is pulling him towards home The 'currents' of this arcane force were, according to him, were so strong that he forgot everything that moment and came running with that intangible flow".

Authentic reports of the above kinds of experiences of telepathy and precognition available in the modern times, have invited scientific verification and research on some otherwise latent aspects of human mind. If we cogitate and care for impeding the misuse and waning of our mental potentials, we too could benefit from the timely guidance of our inner mind.

The ancient sages and seers used to send such telepathic messages and guidance to their disciples at remote places. They also used to inspire the society at large in order to prevent people from astray in the smog of ignorance and path of evils and to collectively inspire the masses towards morality and knowledge. It is possible to revive these higher-level altruist endeavors of telepathy. What is needed is the zeal and dedication towards spiritual refinement and evolution of the inner self. Collective experiments of telepathy could help even creating a subliminal ideosphere to educe righteous thinking in expanded domains of consciousness.

The Unique Power of Thoughts

In spite of being invisible, the potential of thoughts is greater than any other power of the physical world. Every moment of human life is intensely interwoven with thoughts. The key of the ascent or devolution of one's life lies in his thoughts. The frequency-range and cosmic expansion of the thought waves is said to be much higher than that of the electromagnetic waves. The field of knowledge pertaining to the nature and effects of thoughts is termed "*Vaigikī*" in the Science of Yoga. The scholars of this science affirm the presence of the divine and auspicious thought waves, as well as the evil and untoward thought waves and enormous combinations of these in the cosmic whole. Likewise the light and sound waves, the different kinds of thought waves also exist with different intensities, frequencies, and wavelengths. The cosmic ensemble of thought waves influences the conscious domain of Nature.

How the evil, the divine, or the intermediate level thought wave would influence one's mind depends upon the nature of the latter's ideosphere, his vital energy and the intensity of the currents of conscious force associated with the thought waves. Similar kinds of thought waves make dense clusters. Conjugation of the resonant clusters of thought waves with the eternal power of *prāṇa* (the source of vital energy) generates the flow of thoughts. Because of the compounded flow, the velocity and charge (impact) of these currents of thought waves is amplified exponentially.

People with greater strength of the inner self and elevated levels of *prāṇa* can attract and influence many others by the aura of their vital energy and the enthralling force of their thoughts. This is how they can effectively lead and shape the mass movements. This influence could be positive and constructive or it could be untoward and damaging. History has witnessed how the righteous thoughts of great personalities have saved the human dignity and made the destiny of the masses by altruist movements. There also exist historical examples of dictators like Hitler, Mussolini, etc whose cruel and negative thinking had misguided many and blown the society in the dreadful fire of hatred, discrimination and wars.

The eminent scholars of humanity – the *rishis* describe that the body of a person emits an aura as per the intrinsic level of the *triguṇas*[6] in his personality. Kirilian Photography could record the variation in the colors and intensity of this aura with respect to the quality of one's thoughts and emotional currents, to some extent. Studies of people's auras reveal that likewise the fingerprints, the aura of a person is also unique. The aura of strong characters can influence the people

having weaker mental and vital strength. The thought waves also constitute an aura, which has subliminal and visible (by Kirilian recording) domains.

The dense clusters of the cruel and untoward thoughts pertaining to lust, hatred, ego, jealous, revenge, etc, emit dirty black aura while those of fear and anxiety possess brown shadows. The color of the aura reflected by the thought waves of pure love and affection is recorded to be bright red, whereas that of sexually charged love and attraction is brownish red. The thought waves driven by self-esteem and ambition constitute bright orange, those of intellectual trenchancy coupled with inner piety emit yellow color in the aura. The thought waves emerging from spiritual illumination reflect brilliant light blue color in the aura. The vision and analysis of the subliminal aura of thoughts or the ideosphere is possible only by the *yogis* who are endowed with extrasensory powers and whose acumen has a reach in the deeper depths of human mind.

As such, the strong reflections of one's temperament are clearly expressed on his face. Each one of us can understand the expressions of anger, scorn, indifference, etc on the face of a person sitting across the table. Psychologists do a little finer reading of the variations in the face expressions and responses of the body in order to understand the patient's feelings and flow of thoughts. But these correspond to reading the gross behavioral or visible expressions only. Vision of the body-aura of substantially high intensity becomes possible only by accurate Kirilian photography. The dim and subtle variations in the reflections of the body-aura and the aura of thoughts cannot be recorded by such techniques. These could be recognized and grasped only by the extrasensory powers through a spiritually charged mind.

The great *yogis* possessing pierce vision of the ideosphere can read one's thoughts, decipher his nature by looking at the aura around him. They can view the shadows of the aura around the human body without any instrument. The *yogis* who have attained higher realms of spirituality also possess the extrasensory potential to influence others' thoughts, and vibrate and illuminate people's ideospheres by the radiance of their immense willpower.

Distant transmission and reception of thoughts without any perceivable medium is termed telepathy in a broad sense. No barrier of time or space comes between this process of extrasensory communication between two minds. Successful transmission of specific currents of thoughts via telepathy requires deep concentration of refined mind. The practices of meditation involved in the spiritual endeavors of *sādhanās* enable arousing this kind of mental engrossment. External devices and psychological measures may land good support in initial training and strengthening of mind but these alone are not sufficient for attaining

deep mental concentration. The intensified focussing of *prāṇa* beyond the level of the body and intellect is found to help the mind reach deep meditation.

Telepathy seems to work rather easily between the persons who have strong sentimental attachment or compatible conductivity of mind. Controlled experiments on telepathy carried out by several groups of scientists in the 20th century have boosted research interests in these areas.

As early as in 1930s, the renowned Russian scientist Tsiolkovsky had advocated training in telepathy for safe and successful space missions. A successful experiment of this sort was conducted in the USA in 1956. In this, messages were transmitted through telepathy from the nuclear submarine named "Nautilus". The results had raised hopes of intensive use of telepathy in communication with remote centers – especially deep beneath the sea, where radio transmission is not quite feasible.

Dr. Douglas Dean of America had discovered new effects of telepathy in the early 1960s. He had presented these findings in a scientific congress in 1964. Using a special instrument, Dean had observed that the transmission or reception of thought waves also affects the blood-flow and cellular activities. Dean had also reaffirmed the smooth flow of thought wave signals between people having sentimental intimacy.

With the ever new discoveries on the bioelectricity and sensory potentials of the human body, the biomedical scientists had begun to accept – way back in early 20th century that human body is an arcane electromagnetic instrument – that could be more informative than a radio, television, or a computer. The potentials of human mind are far more advanced. The subliminal layers of mind emit and attract thoughts and sentiments to and from anywhere in the cosmos. Deeper investigations in the potentials of human mind would let the scientists of today confirm that the subtle vibrations, the vital force, and the subliminal inputs of cosmic consciousness play important role in the extrasensory processes like telepathy.

Whatever is known till date about the world of thoughts and the influence of ideosphere is negligible as compared to what yet remains hidden. Decipheration of the subliminal domain of thoughts and the inner self would open up a new source of immense power. Nuclear energy would also be insignificant against the elevated vital energy of a spiritually evolved mind.

Telepathy is Real and Feasible

With increasing instances of scientific verification, it is becoming clearer that there does exist a subliminal linkage of consciousness that makes the process of distant communication between humans feasible without any medium or telecommunication instruments. The field of spirituality mentions a great deal of such extrasensory processes. Ancient Indian scriptures describe these instances with associated *sādhanās* and their attainments in great detail. The modern science has also approved the possibility of these potentials under the headings – – telepathy, thought-transfer, thought reading, etc.

Russian scientists had pioneered experimental verification of telepathy. A group of renowned scientists, known as the "popova-group" had designed the first experiment for this purpose. Two young men named Kamenski and Nikolai were selected as the subjects. Kamenski was put up in a laboratory in Moscow and Nikolai in a soundproof lab – about 800 kilometers away in Leningrad.

Once Nikolai was prepared (in a calm state of mind) to receive the 'latent messages' from the other end, the EEG electrodes were attached to his head to record the impulses of his brain. The EEG recording was set to be automatic and the readings were to be made in an adjacent lab. Nikolai was alone in the soundproof chamber. He had no idea of when the 'telepathic messages' will be transmitted to him and from where? After a while, as per the instructions of the scientists in his lab in Moscow, Kamenski focussed his mind on a thought and silently determined to send this thought to Nikolai. He too was left alone in the silence of the lab and his mental condition was continuously being recorded through EEG.

Well, once this transmission process commenced the alpha wave patterns and the characteristics of the EEG of Nikolai's brain began to show up drastic variations. The judges in the adjacent labs (portions of the lab) in both the cities confirmed the timings. The variations in Nikolai's EEG was an indication of the reception of the messages at his end. Several experiments of this sort were conducted on different pairs of subjects in different laboratories. It was found that telepathy works well if the subjects possessed austere nature and serene attitude; the effects are best in case of the people who have good concentration of mind too. In an extreme case, a short-tempered and cruel man was kept in place of Nikolai in one experiment. His brain could hardly show any sign of receiving the messages sent to him.

The thought waves transmitted by human mind are described to be some kind of electrical impulses of brain waves of specific wavelengths. These are attracted

and received by the field of compatible currents (impulsive flow) of the transmitted brain waves. As the type of radio waves received by a transistor set depends upon its tuning to the specific bandwidth, the reception of the thought waves too depends upon the conditioning of the receptor's mind…. The inner tendencies, psychological nature and character of a person affect his thinking and hence the nature of his thought waves accordingly. The rhythm of the thought waves of pure, saintly mind would naturally match with that of the receiver if the latter too has similar character and piety of thoughts and sentiments.

Some experiments on telepathy between the subjects of similar characters and who also share common nature of deeper sentiments have shown that the change in the pattern of brain waves of the sender results in corresponding variations in that of the receiver during their subliminal communication with each other. M. Rissole discusses some of these experiments and findings in a paper in the International Journal of Parapsychology. Interestingly, in the above mentioned experiment conducted on Kamenski and Nikolai, it was observed that the range of alpha wave emissions in the latter's brain matched with that of the former with the commencement of the telepathic transmission. Similar results were recorded by two ophthalmologists of the Jefferson Medical College, Philadelphia on two twin brothers. J. Hilton had also reported this experiment in the "Herald Tribune" of New York, under the article "Twins Prove Electronic Extrasensory Perception".

According to the laws of physics, the energy waves of sound – whether audible or subtler, are never ceased. Whatever we speak or think emits some kind of vibrations – sound waves, which continue to move in the cosmos… forming dense clusters with the other connectable waves of matching characteristics. The field of thought waves thus formed is termed "ideosphere" in scientific analysis. It is believed that emotional impulses and waves of sentiments too are conjugated with the compatible domains of ideospheres in the cosmos. If we refine our thoughts and our mental tendencies, and enlighten our attitude, aspirations and inner sentiments, then our mind would be able to attract the thought waves from the ideospheres of great personalities. This would further illuminate our mind and educe noble ideas and inspirations….

Noted physiologists of USA, Dr. W. Penfield and Dr. H. H. Gasper have highlighted the interconnection of cosmic (thought) waves and human mind in their book on "Epilepsy and the Functional Anatomy of the Human Brain". They have mentioned about the specific nature of the great brains of our times. As per their reports, Albert Einstein's brain used to continuously emit alpha waves even when he was deeply engrossed in solving complicated problems of mathematics or was asleep…. It may be noted the alpha waves are emitted in a state of sharp alertness of the mind. Thus, despite being engaged in the work at hand, or in

deep thinking, Einstein's mind used to be always prepared and receptive to the cosmic signals of compatible ideospheres. According to Dr. Penfield, it is through this exceptional alacrity and trenchancy that his mind unconsciously used to receive new ideas and clues to get brilliant solutions to intractable puzzles. It is said that the epoch-making principle of relativity had also flashed in his mind in such a state.

It appears that Albert Einstein's brain was suitably sensitive and always remained tuned to receiving subliminal signals from superior levels of bright ideospheres. The sudden sparks of remarkable ideas experienced by some other eminent thinkers and discoverers also illustrate active linkage with corresponding ideospheres of enlightened knowledge.

Most of us also some time or the other experience that a new idea clicks all of a sudden when we are seriously and constantly thinking on allied topics. Such clues or thoughts distinctly solve our problem or provide instant guidance towards it. It is quite possible that at such instants, because of our deep thinking our mind gets more conditioned to receive compatible thoughts from superior domains or our thought waves get momentarily linked with the associated ideospheres in higher realms of (cosmic) consciousness. Because of the lack of our concentration and sensitivity of our mind this connection does not last longer.

A natural question arises here as to what is the medium via which the thought waves existing in the space are induced in someone's mind or transmitted from one person to another, from one place to the other at supernormal speed? It should be noted in this context that we are living in an infinite ocean of *prāṇa* (eternal cause of vital energy). It is the continuous impulse of this eternal force that is the source of all activities and motion in nature. Our existence as living beings too is a manifestation of this subtle power. The *prāṇa* existing in us is also present in others and is omnipresent in the limitless expansion of the universe. Thus, we are all subliminally linked together by the currents of *prāṇa*. It is an stimulated or intensified flow of *prāṇa* induced in one's mind that makes possible the transmission (and reception) of compatible thought waves from one place to another without any medium.

Swami Abhedanand mentions in his volumes on *Yoga* that spiritually empowered persons and *yogis* can read other's mind because their minds can sense the impulses of *prāṇa* and thought waves emitted from anyone's body and mind.

The magnetic power of one's thoughts and tendencies might have been well experienced by most of us. Thoughts of similar kinds form compatible clusters

and intensify their collective effects. The cruel or immoral characters attract people of corresponding nature and like to be in their company. This is how gangsters or criminals form strong groups. The serene, humble and virtuous ones prefer working with people of like mentality; such people jointly create a soothing and inspiring ambiance. While analyzing this natural tendency of human psychology, Dr. J. Monod argues that unethical (inhuman) minds naturally attract evil thoughts from the surrounding domains of thought waves and fall further in the filth of untoward conduct. Moral refinement of thoughts, engrossment in creative activities, and sentimental piety on the contrary lead to positive development and endow one with the subtle inspirations of the noble thoughts. Determined and constructive orientation of these inspirations gradually enables spiritual evolution of personality. The spiritually elevated force of *prāṇa* in one's mind arouses the extrasensory potentials of telepathic and cosmic communications too.

The Musical Instrument Of Human Body

Two young men of Prague (Czechoslovakia) were in news few years ago because of their arcane ability to generate music by controlled breathing. Specific sound and musical tunes would be produced inside his body when either of them would breathe long and loud. If an amplifier or loud speaker was attached near them in this state, the sound would be heard so clearly as if a radio broadcast is "on" in full volume. Interestingly, both of them used to work in the same factory. They remained a subject matter of curiosity for the media and scientific community for several years… No medical investigation could reveal the mystery of their body sounds.

The Nāda Bindu Upanishad discusses several *sādhanās*, which attempt perception of the sounds within the body. Once the devotee trains his mind to be deaf to the sounds outside, the sounds of physiological activities are heard upon successful completion of the first phase. Later on, with deeper introvert engrossment of mind, these sounds also become dim and the *sādhaka* begins to hear some subtler sounds inside. Typically, these sounds are experienced successively as shrilling song of a beetle, buzzing of a humming bee, flow of a spring, melodious tune of a flute, peeling of bells at a long distance, …., etc.

In the initial phase of attainment of this stage, these sounds are quite intense but gradually become feeble and are suppressed by the realization of subtler sounds from the deeper cores. The Upanishad describes these as the successive stages of liberation of the mind from extrovert tendencies, passions and worldly attachments followed by deeper engrossment of consciousness in the realization of the inner self. The ultimate stage of success in this *sādhanā* is described as that of commingling of the individual consciousness with the omnipresent, eternal, subliminal 'sound' – the *anāhat nāda*. This is the stage of absolute silence, ultimate bliss and divine realization of the cosmic self.

Recording and analysis of the subtle sounds of the body beyond those of the physiological processes has not yet been possible in any laboratory. Nevertheless, the scientists have accepted the presence of a force within the human body that, if stimulated, could enable perception of otherwise inaudible sounds outside and within the body. Some time ago, an advocate of Chicago had all of a sudden begun to experience strange music whenever he would go to the bed. While this case was under study, the medical and physiological experts received another peculiar case. This was a young man who used to hear intense 'instrumental' music from all directions while walking. Detailed investigations revealed the possibilities, which are scientifically sound and also support the extrasensory connection of the human body with cosmic waves. This man used

to work in a factory for Nickel Polishing. It was quite feasible that some tiny particles of Nickel would enter his body. These might generate electrical impulses via the electrochemical reactions or being connected to the ionic flow inside the body. These extraordinary currents in his body might be catching some signals relayed from a near by radio station. This is how he used to hear the typical sounds or music around.

Bertrand Thomas is renowned for his adventurous voyages around the world. He had reported several mysterious events of Nature that have attracted scores of other visitors – including scientific research team. He had once encountered huge heaps of sands in the deadly deserts of the Middle East. These tiny 'mountains' of sand are found to sing. The rhythmic sound generated around them is melodious and audible from quite some distance. Interestingly, these 'songs' were also accompanied by background music of wide variety – including that of a drum, a *vīṇa*, etc.

Some mounds in California too are found to generate sonorous sounds. The weeping mounds of sand in Sahara add to this series of undeciphered secrets of Nature. A sandy hill in Hawaii barks like a dog. One can clearly hear the screams and cries of human voices near the hills of Jesmaler in Rajasthan (India). The locals attribute these to the expression of grief of the ghosts of those buried beneath. The dense forests of Africa have always been fascinating the explorers of Nature. Sands of the desert here have also been quite popular in many ways. Some sandy mounds here are heard producing horrifying laughs.

Some beaches of Europe are naturally musical and thus offer free entertainment to the tourists. When the sand on the beaches of Lancashire is pressed in a specific manner, it produces a sharp sound that is rare to be heard elsewhere. Scientific investigations in the above cases so far have only been able to suggest that the friction of sand-particles might be generating specific vibrations because of the presence of some rare elements in it. The blow and pressure of winds in the surrounding might also be supporting the resonance and flow of these varieties of 'musical' sounds.

A lady in California heard some song from her kitchen store as she lit it for cooking the dinner. A strange song and music kept coming from it during her cooking. All this however got over with the song, although the cooking session was still going on. Nothing was heard afterwards! Yet another strange incident was reported during the time when people used to listen to the radio with great interest. During the relay of a popular music programme, many people in New York experienced an unusual interruption on their radio sets in their homes. Instead of music, they heard two women chit-chatting in loud voice. The conversation lasted for several minutes. Surprisingly, the radio station had

relayed only the regular musical programme as per schedule, as was also confirmed by many other listeners. The latter had not heard any interruption in the same localities where some of their neighbors had. Then how could the conversation be heard so clearly at the same time, at the same frequency in different parts of the city? There was no other radio broadcast receivable in the nearby frequency–range. Then, from where was the conversation transmitted? No one could ever resolve this mystery.

While bathing in a river in Czechoslovakia, some people heard melodious chorus. They experienced as though some group was signing it quite nearby. However, no one was seen on the shores around. As several soldiers had recently died there in a terrorist encounter, it was generally thought that the presence of their souls is expressed by way of the song.

That was a small temple in the village Songaon at the banks of the Pravar River in Ahmednagar district… One day, local people were stunned to hear some *ślokas* (hymns) in Sanskrit in the silence of the temple. Neither any body nor any instrument was found there or in the surroundings. The trees and shrubs on the premises also had nothing hidden there. Many outsiders also came to hear this "divine voice" that was heard most loudly near the canal from where the sacred water was used to out flow during continuous *abhiṣeka* (ablution) of the *Śivalingam*.

After reading and hearing about the above kinds of mysterious sounds, Professor Smith of the Psychology Department of the Harvard University planned to investigate the scientific basis behind such experiences. In view of the bioelectrical nature of the human body and the presence of enormous variations of ions in it, he inferred that under some specific conditions, some electrically charged particles in the body might actively receive the radio waves of certain frequencies and thus make corresponding broadcasts (or distant sounds) audible. In one experiment, he filled his ears with sodium chloride solution and attached a copper wire to it. He connected the other end of this wire with the other ear. This enabled him listen to the programs from a near by radio station… However, he could not elucidate why at remote places, specific sound would be generated continuously form specific objects while similar objects of same constituents remained inert (as usual) in the nearby areas?

Some researchers attribute the mysterious musical sounds to short wave transmissions. The belief that with increasing use of electronic equipment in the day-to-day life, the possibility of such arcane experiences might even increase at many more places. This hypothesis seems to have substance in view of the increasing number of complaints concerning problems in hearing and the instances of audibility of strange sounds from electrical accessories in developed

countries. However, nothing has been confirmed as yet. For example, a housewife in Chicago complains that whenever she opens the door of her kitchen, she hears a strange beeping sound from her stove. But no sound would be heard – not even inside the kitchen once the door is closed. This was experienced by the investigating teams too; even while all the electrical and electronic gadgets were set off in her house and in the neighboring buildings as well. Moreover, no presence of radio waves or short wave transmitters was detected there.

As the moulds of sands and electrical or electronic devices are associated with most cases of experiencing strange sounds, it appears that the secret lies in some constituent elements that are sensitive to certain kinds of electromagnetic waves. However, no theory or hypothesis is yet near confirmation or general acceptance. The occurrence of such mysterious experiences with other kinds (e.g. non-electrical) of objects has also augmented the complexity of the unfolded secrets of Nature in such cases.

A grand orchestra was arranged for a dinner party in Saint Louis. When the celebrity musician and his team set to commence the show in night, their instruments began to deliver news bulletins… This arcane interruption continued for about an hour… and spoilt the organized programmes. A woman in Nairiyal had once reported that her bathing tub transmits some 'songs' at times. A farmer of Alberta had lodged a complaint with the local police that whenever he uncovers the iron sheet above his well, a sharp musical sound emerges from the bottom of the well. The police hunted for hidden transistors, or radio sets inside… but in the vein; no clues were found. The music was heard even when the police put off all radio sets and musical devices in the village and the surroundings. It was amazing that no other well in the nearby fields had this specialty.

The list of records on the above kinds of 'unbelievable wonders' is too long to be presented here. How and why perfect musical tunes or songs are produced from the wells, sea shores, sand mounds, electrical stoves, fans, etc? How musical instruments could sometimes broadcast news bulletins…? No one has yet been able to find satisfactory answers to these riddles in the modern laboratories.

The perceivable manifestations of nature alone is so wonderful, then what about the subliminal world of consciousness and its eternal origin? The transcendental realizations of *thy* creation let us realize the incompleteness of our 'evolved' intellect and scientific advancement. At times, these reflect the limitless powers of the subliminal in the human body too and educe the inquisitiveness to know its hidden secrets. The science of spirituality begins at the level of consciousness and researches deep up to the inner most depth of its inherent core in the

subliminal world in and around us. The great knowledge and endeavors of *yoga sādhanās* coupled with the radiance of faith promise elucidation of this subtle science and explication of the astonishing mysteries of Nature.

Photographing the Imaginary

The Illinois Society for Psychic Research had investigated the unique potentials of Ted Sirius in processing photographic images of his imaginations…. Pollen Ohmer had reported this astounding news in a magazine entitled "Faith". Several scientists, intellectuals, journalists and photographers had verified this in an open-air demonstration. He was asked to imagine on different topics suggested by the viewers on the spot. When Ted's mind was engrossed in the imaginations, Polaroid Lens Cameras were focused in the open space above his head… Amazing! His imagination did create a clear optical impression – like those of physical objects – which could be photographed clearly.

The Parapsychology Research Lab of the Duke University, The American Society for Psychic Research and several other labs showed keen interest on scientific investigation on Ted's supernormal talents. However, they discontinued the research in the initial stages, as they could not get along with Ted's whimsical behavior. When Stanley Mitchell a senior member of the International Gild of Hypnotism was introduced to Ted's exceptional mental powers, he attempted reviving this research project. His lab made a documentary based on the photographs of Ted's imaginations in continuous sessions. This film had made Ted Sirius a global celebrity.

George Johns of Florida was eagerly looking for some one endowed with extrasensory powers around that time when the above film was released. He wanted the help of some one like Ted in spotting the treasure of wealth of some Spanish ships that were immersed in the western sea several years ago. Although Ted could not help much in this venture, Johns could get first hand experience and proof of his reprographic imaginations. He also snapped several of Ted's imaginations and sent them to some reputed research laboratories certifying the unique extrasensory potentials of this man.

Ted Sirius had begun experimenting with his deep mental concentration at the age of thirty. This man from Chicago always experienced that his imaginations are never blurred. These seem to appear before him as clearly as the real objects or people around him. Driven by his whim to explore this reality, he once sat beneath an automatic camera and focussed its lens on his head. He clicked the snap after about five minutes of imaginations with mental engrossment on a particular theme. Amazing! He was able to get the photograph –– not of his head or the surroundings but of what he imagined (and saw through his mental eyes)!

When he showed the first photograph to his friends, the reaction was naturally negative. Who would believe extrasensory powers of human mind in today's 'mechanized' world where most of us are even unaware of activating and

employing its rather 'expressed' potentials? Ted received scorn and negligence in the beginning. People thought him to be a lunatic… However, with unperturbed zeal and determination, he could prove before the world the existence of the energy fields of thoughts and imaginations.

If imaginations of mind could be photographed like physical objects or scenes, the former should be as real as the (physically) real objects that exist in the perceivable world although we cannot view them. Because of their subtler existence, the energy contained in the thoughts is much more than that in the atoms of material substances. Thought waves are described to be more intense and powerful then the energy waves of light, heat, sound, or electricity. We should realize this immense source of power within and around us and make righteous and effective use of our thinking.

Our Prodigious Subliminal Powers

Until the decipheration of the optical signal processing through brain, people of the modern age believed that the presence of light and healthy eyes are the only requirements for vision of the world around. Dr. Wald was among the three scientists who shared the Nobel Prize in 1967 for their research on vision. He discovered the presence of rhodopsin in the retina, which serves as the 'visual purple'. This element converts the light waves (falling on the retina) into electrical signals. The latter transmit through the optical region of the neural networks and make visual perception possible. More significant is the finding that the consciousness of mind also plays a predominant role in this process. Vision and recognition of visual perception is not possible in its absence. One may sleep with open eyes but can't see the things present before his eyes in this state because of the near total inactivity of the conscious mind at that time….

The power of mind in making vision possible is more evident and amazing in the cases of extrasensory visual perceptions where the skin or some other sense organ or part of the body plays the role of the eyes. Retina (or rhodopsin present in it) is not required to convert light into electricity in such cases. This transformation is completed by the mental energy. In the earlier sections, we had cited several live examples of people endowed with these kinds of supernormal visual perceptions. The August 1963 issue of a Hindi monthly "Kadambini" had published an evidential article (on page 127-) under the heading "*Andhon Ko Sabkucha Darśāyī*" (Everything Made Visible for the Blinds). Authentic reports from Russia and Thailand were presented here citing the examples of people who could see through the skin only by a touch or through some other organs.

According to a news item in the Russian daily "Izvestia", a girl named Rosa in the Nizhani Tagil village of Russia was able to read the newspapers and printed books by mere touch of her fingertips, without opening her eyes. Recognition of her exceptional talents by some scientists and other authentic viewers was published with her photographs in some other newspapers too. Rosa would move her fingers on any text line by line and read the pages as accurately as one would with open eyes and normal eyesight. If there was a photographic image or its print in her hand, she would also 'see' it through her fingers. For example, she would identify whether it is a picture of Mahatma Gandhi or Abraham Lincoln, etc. She would also describe the dress, hairstyle, features, etc, of the people present in the photo.

Researchers inferred that Rosa's skin might be having some sensitive element like the infrared heat detector in a snake's hood. This detector records subtle

variations in the heat waves. It emits low frequency heat waves that collide with the objects nearby and return back. Thus its sensor helps the snakes know the location of its prey. The reptile therefore does not go hunting for the prey; it mostly lies idle and catches its prey at appropriate point as per the 'information' supplied through the hood.

The tiny brains of pigeons and some other birds are also equipped with similar kinds of ultra sensitive elements. This sensor helps their brains record and retrieve the routes of thousands of miles of their journey. They can return back to the original place even after ten years. Frogs are found to have such special sensors or subtle 'information processors' located between the eyes and the brain. These help the frog 'sense' the presence of the predator or a danger from a long distance. These may even convey the enemy's intentions of attacking…

The human brain too is endowed with an extrasensory center called the "*ajňā cakra*" subliminally existing in its central core deep behind the mid-point between the eyebrows. If activated, this works like a third eye and sixth sense for clairvoyance and for knowing the unknown beyond any barrier.

The clue of the possible presence of infra red wave-detector in Rosa's body guided the researchers in planing scientific experiments on her. They filtered off the infra red component from light rays and focused this light on a printed text. Rosa was able to read it again with the help of her fingers. However, she was not able to recognize the photographs so well under this filtered light –– may be because the emission of her body were not so strong this time. This helped the scientists infer that, light-detectors and infra red sensors could be present elsewhere in the body as they are in the eyes. Further examination of Rosa's body revealed the presence of ten such elements almost at a distance of each millimeter along her hands.

The above kinds of experiences have motivated several research groups to find out how such elements (of extrasensory vision) could be naturally present in one's body. Or, could these be generated or activated by some method. Further developments would give a scientific approval and understanding of arousal of extrasensory perception by dedicated endeavors of *yoga* and meditations described in the Indian scriptures of yore.

"The British Journal of Medical Hypnotism" has reported about an institute in Bangkok, which trains blind people in perceiving vision through the cheeks. The directors of this research claim that the cheeks are more sensitive as compared to the other body parts to serve the purpose of a sense organ. In their views, the presence of subliminal spiritual currents is quite intense in the cheeks. They regard kissing the cheeks as an important mode for activation and transmission

of this power provided it is attempted in a controlled manner with appropriate purity and serene conditioning of mind.

In 1954 a doctor of this institute had initiated novel experiments on meditation and trance after rigorous psychological training of the subjects. The subjects found suitable after the training were guided to focus their mind on their cheeks during meditation. The first successful experiment of this kind had endowed a thirteen years old blind boy with the exceptional power of vision through the cheeks within a period of nine months. This doctor reported ten more experiments on blinds later on. Of these, six were very successful. Without receiving any medical treatment, these people can easily see through the cheeks and are therefore no longer blind despite being deprived of the eyesight.

The instances of extrasensory perception indicate that there is a super sensing element or force hidden within us, which if activated slightly, can arouse astonishing powers. Scientists too have begun to realize that the sensors spread in the human body are most evolved with respect to adaptation, learning, and auto-regulation of normal functions of the body under the marvelous control of the brain. More astounding are the subliminal powers of the mind that enable these elements contribute in extrasensory perceptions. The Indian Science of Yoga and Spirituality offers in-depth knowledge and adept guidance in this respect.

The Magical Effects of Brain-Activities

Parapsychology does not regard the supernatural powers of human mind as miracles. Rather, it affirms such potentials as natural outcomes of the stimulation of otherwise dormant centers in the brain.

Extrovert attitude appears to be a normal tendency of agile mind. As we all might have experienced, the inquisitiveness and interest of our mind mostly revolve around the external world. If we could divert our mind introvert to some extent and think a little deep about our inner self, we would find immense treasure of power and unalloyed happiness within us. The hidden potential of our mind are more startling than the wonders of Nature and the orgulous achievements of human talents and the intellectual and physical powers found in the world outside.

The world around us has its own importance in our life. It also offers us opportunities of progress and prosperity in number of ways. But that does not mean that we are nothing without it. The progress of the external world and our ascent in the extrovert dimensions are only like ornaments that help beautify our life. Indeed, the nectar of ultimate evolution, enlightenment, peace and beatitude lies in the depths of our inner self. However, it requires great endeavors to cultivate introvert nature and realize the lively world existing within us.

As experienced, practiced and taught by the sages of yore and the enlightened personalities of the later ages too, gradual training (with firm determination and inner will) of self-restrain and self-analysis help controlling the extrovert tendencies of mind. *Swādhyāya* and *Satsang*[7] are found to be most effective and easy to adopt methods of disciplining and refinement of mental tendencies.

School education and training for higher learning and development of talents is no doubt necessary in civilized ascent of human society. Its contribution in the evolution of consciousness is however minimal –– like that of the leaves in circulating carbon dioxide in the plant. Nurturing the root of mind is essential for consistent growth and illuminated elevation in the eternal flow of life. This requires deeper search and ascetic endeavors too. Activation of the hidden centers of subliminal power of *prāṇa* is also essential in this regard. The *yoga-sādhanās* devised by the Indian *rishis* enable gradual arousal of this inner power and activation of the extrasensory centers in the brain and in rest of the body.

In the modern age too the dedicated investigations in fields of neurology, psychology, parapsychology, and metaphysics have brought forth a partial understanding of the neuro-physiological, biochemical, and hormonal functions associated with manifestation of some hidden faculties of human mind.

Prof. Delgado of France had speculated that as the flow of blood in the arteries could be controlled by specific treatment of the heart, it should also be possible to vary the orientation of mental tendencies by operating over the brain. He believed that such a method, if devised, would be useful in inducing ethical values in place of untoward passions. Although his hypothesis yet remains unexamined, the neurologists of the 20th century have succeeded in finding the location of memory centers in human brain. Dr. W. G. Penfield of Canada has also developed special electrodes, which, while connected with specific neuronal regions of a person help awakening is age old memory – including that of the earlier lives. This activation retrieves the memory of distant past so effectively as if the subject were experiencing the sequence of corresponding events in the present moments. This type of experimental research has guided advanced investigations on the human brain.

According to noted neuro-chemist Dr. Cameron, the nucleic acid of the neurons governs the neuro-electrical momentum. The stimulation regulated by this acid activates neuro-hormonal secretions of the important hormones like encephaline, endorphins, cystinine, and gaba. Electrical stimulation regulated by the synaptic activity helps in controlling of several kinds of mental disorders. Scientists believe that deeper understanding of the reticular formations that connect the spinal chord to the brain would some day help in creating artificial emotions. This could offer effective remedies against psychological disorders including those of split or dual personality. The experiments conducted by Dr. Hedger Hoyden in Sweden on some animals have shown that variation in the concentration of neural RNA affects the clinical consciousness and some mental activities.

During the first half of the 20th century, a biologist, Dr. James Oldschue, had successfully shown the change in natural mental characters of some mice by brain stimulation techniques –– after stimulation, the mice were found playing fearlessly on the back of a cat. Dr. D. Albert had also demonstrated significant difference between the behaviors of the mice that underwent brain-stimulation and those from the same biological family and age group, who did not. Dr. Robert Thompson had successfully shown that the activities of Cockroaches could be controlled via radio-signals. According to him, human mind could also be controlled externally by some 'powerful' (though unknown as yet) radio waves.

It may be noted that the mental functions that are controlled by external signals or drug-injections pertain to behavioral responses only. The deeper sentiments or subliminal impulses of inner mind that constituted what was deeply understood and experimented under the ancient science of spirituality have not been the

focus of neuroscience as yet. The scientific study of the subtle aspects of mind in the modern times is attributed to the fields of Metaphysics. Research on the metaphysical character of human mind encompasses deep psychology and parapsychology too.

Modern psychologists classify the manifestations of the supernatural potentials of human mind in four categories: (i) Clairvoyance – clear vision of hidden objects or things and events lying far beyond the perceivable limits of our sense organs; (ii) Precognition – knowledge of the future; (iii) Retrocognition – knowledge of the past; (iv) Telepathy – distant communication through mental signals. All could be possible without any external help or device.

This classification is further expanded into eleven subgroups reflecting extrasensory experiences – without any medium or source of information, beyond the barriers of time and space:– (i) first hand knowledge of the events taking place at remote places; (ii) reading others' mind without having any interaction, neither even introduction with them; (iii) premonition of future events well in advance; (iv) communication with the souls or subtle bodies of the dead ones or receiving timely guidance and help from them; (v) live memory of previous births; (vi) sudden expression of knowledge, talents, or behavior in someone that does not correspond to his personality or mental training so far; (vii) arousal of exceptional powers in the body that could affect the surroundings too; (viii) outburst of extraordinary courage that enables adventurous accomplishments; (ix) knowledge of the subtle world; (x) curses and boons uttered vocally that come true in due course of time; (xi) transmogrification of the souls, transfer of one's subtle self into other living body, and co-existence of two souls in one body.

Many live examples of these supernatural experiences are reported in the related proceedings and other publications since the mid-nineteenth century. We have cited some of these in the earlier sections. The following are among the historical examples of this kind.

Once upon a time Edgar Keisei, an inhabitant of a village near Kentucky (USA) was suffering from severe rheumatic pain and spasm. No doctor could diagnose the disease because of lack of knowledge about it during those days. While some doctors were observing this patient, they found that clinically unconscious Edgar was suddenly awake. He also started uttering the name and details of the disease and the names of some medicines, ointments, etc in fluent Latin. Being in that exceptional trance like state, he also suggested the methods of preparation of these medicines and the availability of the constituents. Well, those preparations were attempted on him.

To everyone's surprise Edgar's conditions improved and he was cured by these 'strange' medicines within a week. Most amazing part of this incident was that this villager did not know a single world of Latin! How could he then speak so well in this ancient language in the exceptional state of unconsciousness? As described in earlier sections, this activation of the hidden layers of unconscious mind had also resulted in arousal of some extrasensory powers, which enabled him diagnose and cure dreaded diseases and ailments of people from different parts of the world…

Dr. Eirigo of Brazil is also known to have some gifted talents and acumen in treatment of patients by using vital energy and spiritual healing. Inscriptions on rocks found in Egypt also depict 'doctors' with one hand kept on the patient's stomach and the other on his back. Egyptian scriptures also mention of psychic healing. It is also known about Saint Patrick that he had blessed vision upon a blind man just by touching the latter's eyes with his palms. Saint Bernard is said to have miraculously cured ten blinds and a dozen physically handicapped persons in a single day with the help of his elevated spiritual power. A London based gardener named Lambert was reported to have had such extrasensory powers in the seventeenth century. A nineteenth century Sicilian watchman named Keritcher is also known among blessed spiritual healers.

It sounds amazing that the source of supernormal potentials of the above kinds lies within each of us. These remain dormant because of our ignorance and extrovert engrossment.

Ancient sages and eminent spiritual scientists of India seemed to have had perfected the talents of arousing the hidden powers of their mind. They endeavored using their spiritual attainments in elimination of the ailments and improvement of the physical and mental health of people across the globe. Other creatures on the earth were also blessed by their kindness. Inducing spiritual transmutation, positive thinking and youthful longevity in any one was as easy for these *rishis* of yore as writing a prescription is for the doctors of today. The philosophy and science of spirituality and yoga devised by them helped descent of a divine era in the Vedika Age.

The devoted seekers of true knowledge have been coming to India since thousands of years to get some pearls of the limitless treasure of ancient Indian knowledge and scriptures and to get an opportunity to meet the enlightened *yogis* in the Himalayas. It is ironical that most of the Indians either scorn their ancient culture without caring to know its roots (and the original form) or on the contrary they blindly accept anything, any trick of magic games, or any superstition in the name of *yoga* and spirituality. In this age of explosion of information and advertisement in some areas of human life and utter confusion,

controversies and ignorance is some others – including those of importance to global survival and ascent, it has become all the more necessary to set the righteous equipoise.

It is now the responsibility of the scientifically enlightened researchers –.who, also feel concerned about the ailing state of the world today, to accelerate deep reinvestigation into the ancient sciences to find feasible and effective means of total health and psychological and spiritual upsurge of the masses.

Mental Strength for Desired Success

Human being is supposed to be the most evolved expression of life. The Almighty has bestowed immense potentials in human body and mind. The excelsior of civilization and extraordinary developments at the intellectual and cultural levels in different ages are live examples of the boons of this exceptional bequest. Then why can't each one of us efficiently maintain physical health and acquire talents, prosperity, and happiness up to our aspirations? Simply because we don't care for the ideal conditioning and smooth functioning of our mind; neither are we prepared for making the timely and righteous use of its faculties.

Our attitude, thoughts and sentiments hold the key to mental balance and provide essential nourishment to the mind. Even with 7% activity of the mental potentials – which is usually awakened in every normal person on an average, some people attain significant knowledge, sagacity and talents that make them distinct. The world owes to them for their invaluable contributions… If we look into the lives of such glorious personalities in different walks of life, we shall find that much the common secret of their remarkable success lies in their unperturbed striving towards refinement and focused ascent and expansion of their thoughts.

The radiance of righteous thinking sparks mental strength too and helps suppression and elimination of the weaknesses and malice of the mental domain. On the contrary, abrupt thinking or expression of evil instincts and excitement of mind because of negative or immoral thoughts and untoward passions gradually blunt the intellectual trenchancy, wane out the memory, and retard the process of continuous evolution of mental powers. Lack of mental concentration, amnesia, psychological complications and disorders of varied degrees are immediate outcomes of the mental imbalance caused thereby.

If the naturally aroused power of normal mind is restrained from sheer dissipation, misuse and negative effects, it paves the way of successive developments in different dimensions of life. The journey from the Stone Age to the Atomic and Information Age has excelled by constructive and collective dedication of the intellectual potentials and determination of mind. The more it is engaged in difficult or challenging (as per its earlier training) tasks, the sharper and brighter become its abilities in the corresponding domains… Its potentials evolve with greater and nobler use. With enhanced mental concentration and strives, the deeper layers of mind could also be activated… This may, result in stimulation of the extrasensory centers in the brain and, depending upon the purity and enlightened state of the mind, the transmutation of mental strength into spiritual force. This is how the ancient *yogis*, the *rishis*, were able to attain

supernormal intellect and extrasensory potentials and could peep into the subliminal world beyond time and space. They had also experienced and edified the path to evolution of human self up to high realms of divinity.

According to the experts of *yoga*, the most elementary and basic requirement for learning *yoga* is mental concentration. Nothing could be achieved in the world – even at the materialist and intellectual levels, unless emotional disturbance and mental agility is restrained. This is more relevant and true for stepping in the field of yoga and spirituality. Yoga is indeed defined as –– "*Yogaśca Citta Vr̥atti Nirodhaḥ*" (*yoga* means –– perfect control over the mental tendencies).

The first step towards restraining the extrovert and agile mind is described as *pratyāhāra* in the yoga-scriptures:

Swa Viśayasaṁ Prayoge Citta Swarūpānukāra, Ivendriyāṇām Pratyāhāraḥ |

–Yoga Darshan 2|54

Meaning: *Pratyāhāra* refers to the state of mind when it is not disturbed by the 'usual' passions and attachments and it unites with the inner impulses of its own self. If a *sādhaka*'s mental concentration is not perturbed during meditation by the experiences of the body (the sense organs), rather it is stabilized in a focused domain of thoughts of its nature, origin or the inner self, he is said to have mastered the practice of *pratyāhāra*. In this state, the mental power that was diverted in the activities of the sense organs gets attracted back towards its inner core.

In general, our mind is so used to instantly responding to the calls of the sense organs and the thought of associated pleasures that it is all the time engaged in imaginations driven by sensual passions. For instance, it hardly takes about fifteen to twenty minutes for eating lunch or dinner, indulgence in sexual intercourse also can't be processed for more than few minutes… The same is true of the other kinds of sensual pleasures; every such activity of the associated organ lasts for a limited time period. But the mind! It continuously – almost twenty-four hours a day, every day, remains involved in one way or the other, in the thoughts or imaginations of bodily joys and the world activities that are directly or indirectly connected with enhancing such pleasures. The *sādhanā* of *pratyāhāra* deals with restraining this tendency of mind.

The knowledge of *yoga* offers practical guidance towards controlling the agility of mind. The experts of this science affirm that the mental and bodily strength of a person is mostly consumed, lost, and wasted through the unrestrained activities and stimulation of the sense organs. The tides of passion in the agile

mind and its unchecked flow in the imaginations of sensual pleasures keep exciting the sense organs too. This leads to a forced dissipation of the vital energy through the outlets in the sense organs. This further weakens the mind and makes it more vulnerable to the thralldom of baneful attractions. The root cause of this vicious cycle lies in the mind itself.

The sense organs in our body have very limited biological needs inspired by nature. It is the compound effect of maligned thoughts and untoward imaginations of mind that incites unnatural lust and invites negative effects in turn…

The key to physical and mental health lies in restoring the vital energy and engaging mental strength in the refinement of its own talents… This can be achieved by restraining the agility of mind and channelizing it towards positive and productive thinking with greater force of the inner consciousness. Human mind has a natural tendency of being attracted towards what it regards as important or ecstatic. Unless it understands the reality of the mirage of sensual pleasures and worldly possessing, it is essential to keep it away from the instances or passions of such 'joys' by some kinds of ascetic disciplines. As discussed earlier, sincere adoption of *swādhyāya* and *satsang* in day-to-day life educe the necessary determination and inclination that enable restraining the mind in rather natural way. It is only in such a state that it could be molded – may be temporarily in the initial stages, introvert and given a glimpse of the oasis of the eternal bliss of the soul. The holy Gita states –

Yato Yato Niścarati, Manaśca Calamāsthiram |
Tatastato Nayamyai Tadātmanyaiva Vaśa Jayet ||
– (Chp. 6|26)

Meaning: Whenever the mind is driven by the (sensual) passions and goes astray (in its ignorance) in the worldly attractions, it should be instantly restrained and brought closer to the glow of the soul (inner self).

In view of the difficulties faced by most people in adopting the ascetic disciplines of *sādhanā*, the sages of yore have also suggested psychologically soothing means… Autosuggestion and reconditioning by entertaining and sporting attitude are found to be quite effective for this purpose in the modern times. Also, one may strive feeling that –– "his soul is a silent observer to the agile jumps or spring moods of his mind. His mind is a child, which keeps thinking abruptly and runs after possession…, from one desire to the other…The soul is like an elderly guardian that calmly watches the child's play; sometimes it also encourages the latter to boost enthusiasm in life or scolds it to warn against misdeeds…, but without any involvement...".

With these kinds of novel experiments and experiences of *pratyāhāra*, the mind will tend to become a bit cautious and slow down its flickering. Because of its natural attraction and inquisitiveness towards new experiences, it would also be inclined to seek and feel the presence of the soul through such experiments. This simple principle works wonders if practiced sincerely for about fifteen minutes to one hour at a stretch. Several kinds of meditations are also based on similar methods of "natural psychological treatments".

The *yoga* scriptures mention great many other naturally soothing and 'easy to practice' methods of constraining the inimical tendencies of mind and focusing its powers for better use of the vital energy and the marvelous opportunities bestowed upon human life. The whole lot of *sādhanās* of *dhyāna*, *dhāraṇa*, *pratyāhāra*, is devoted to this vital training. Successive progress in this direction enables one endeavor higher level ascetic refinement and *sādhanās* of spiritual enlightenment. Expression of supernormal powers folded in the inner core of mind is a natural consequence of sublime spiritual transmutation.

Accidental Emergence of E.S.P.

Molly Fencer was born and brought up in a middle class family at Brookline. She got found of horse riding in young age. She used to go for it every evening with her fiends. Unfortunately on 10th May 1864, she fell down from the back of the running horse. She suffered some head injury and sprain but gained normal vigor in few days. However, the accident recurred in less than a month on 8th June. This time she could not recover so fast and was even not able to eat properly. She appeared to be getting normal at a slow pace. After about seven months – on 3rd February 1866, when a renowned expert of his times, Dr. Robert Spiegel examined her and found nothing serious, her aunt Susan Kansai and other relatives and friends felt so relieved… However, their hopes diminished when the same evening she went into coma. She could regain clinical consciousness only after several months but had lost her memories of the present life. She could not recognize her family doctor, neither her aunt who had been looking after her since childhood.

She remained in this state for nine years. Though her left hand was paralyzed, she was able to sit and manage things by the right hand. In this duration she wrote about six thousands letters (to some unknown friends!), which were remarkably thoughtful and carried deep sense of knowledge.

February 1873, she suddenly got up and started walking. But what a fate! She lost her balance and fell down from the stairs and once again suffered head-injury. This time Dr. Robert's brother, Dr. F. Spiegel had come to attend her. Looking at him she asked – "Hello Doctor! What is your brother, Dr. Robert doing in his new house? Why didn't he come today?". She was startled by seeing the change in her aunt's looks and shrieked – "How come Aunti! Your hair have gone all gray just in one night?" When she was told about the tragedy and also shown the letters written by her, she could not believe it. She somehow felt as though the letters were written by some departed soul…

The letters were just the first expression of the extrasensory power aroused in Molly. Later on, in yet another accident, this lady lost her eyesight. It is so surprising that despite being declared blind clinically, she was able to see everything – even much beyond the power of normal vision… In her words –– "I feel that I am seeing through an eye between my eyebrows. Many a times I can see distant or remote objects too. I feel as if some bright rays emit from my forehead and collide with (or even penetrate) the objects around me; these are reflected back to me with the 'visual information' of the corresponding thing or scene…".

Prof. Henry M. Pasture, a physicist of the Brookline University had investigated Molly's extrasensory perceptions (E.S.P.) in late 1875. He was keener on finding two things. Firstly, whether this lady indeed possesses E.S.P. or smartly plays some tricks? And, if she has any power of E.S.P., how she makes use of it in day-to-day transactions – e.g. whether she touches the things with her forehead or just looks at them from a distance, etc?

Once he gave her an unfolded sheet of a letter enclosed in a thick cover. Molly was able to read it even when the envelope was closed and kept at a distance in front of her. Another time he gave her some papers from an old file – again she read them all clearly disregarding whether the papers were left open or kept inside opaque folders. Prof. Pasture conducted several such experiments and tests at random. Finally he certified her E.S.P. and concluded that Molly can see through her third eye. He however had no explanation – in the language of physics or biology – of how it could happen?

Today, when a lot more is known about the human brain, someone might attribute Molly's vision through the sixth sense as a result of some extraordinary or abnormal function of the neuronal network that might have been expressed because of the accidental distortion and partial derangement in her other faculties. Whatever be the cause, but it approves that human brain does possess the potentials of E.S.P. There was a time when the eminent *yogis* and spiritually enlightened *sādhakas* used to arouse these potentials at will by controlled use of their refined *prāṇas* and spiritual force.

The majestic source of *riddhis-siddhis*[8] is subliminally imbibed in our own self. But, we keep hunting for small things in the external world; spend all our efforts and energies in eagerness of petty passions, tiny achievements and incomplete knowledge… We would do a lot better by learning to be introvert and realizing our inner strength. Little more care and dedicated endeavor to save our vital energy and to arouse the hidden potentials of our mind would help us acquire brighter success and strive for higher goals. Activation of the extra sensory power centers too comes within our reach successively.

Deciphering the Hidden Treasures

If a radio set is switched off one can't listen to any music, song, or news, etc through it. But once it is switched on, it can catch the radio waves of different frequency as per its tuning, and could make audible the subtle signals of broadcast from a long distance. The same way, whenever the dormant power centers or hidden sensors of our body (and mind) are activated, it would let us know the unknown, view or hear the unseen, the inaudible. Sometimes it happens accidentally – may be temporarily, by a spark of vital force or a flash of consciousness in the inner mind. The world calls the knowledge gained in such a state as 'precognition'. Such experiences are rare but not impossible.

Philadelphia, 1958! Hegel Lambert was returning home from her office in Pensbury Whites. She was driving along the road she often used too. After reaching Morceville, she stopped her car in Delmar Avenue and dropped a colleague there. She then planned to do some shopping and took a turn towards the nearby market. She had hardly driven few kilometers on this road when suddenly she felt as though she has committed a grave mistake. She then took a U-turn and reversed the direction. She could not make out why she also started driving so fast… The car was running in the direction opposite to the way to her home. Soon she reached ahead of the Hill Street Crossing.

There wasn't any traffic. Now she had slowed down the speed and looked around. She shivered of fear the moment she looked across the street. A two years old boy was hanging on the slab of snow above the icy canal flowing besides the hills; may be he had fallen from the other side of a snow mould… She took her car near the horrified boy, but before she could come out its doors were blocked. The car was dipped in a heap of snow. She started shouting and beeped the horn constantly. This attracted George Taylor and his fourteen years old son, who were going to another direction. They both rescued the boy and also helped pulling out this lady's car. Now Hegel knew why she was forced (by the inner inspiration) to come this way!

Another incident of this kind is described in Windsor Ontario's book on "Premonition". This happened sometimes in March 1951. Forty years old Charles Bogoratz was working as a Police Officer in Los Angeles. Late in the evening, when he and his wife were going through some insurance documents in their house at the South Simon Street he suddenly pushed the papers aside and said – "Merlin! I don't know why I am feeling that soon I will encounter a mishap. Something might happen to me. In that case, please do not loose your courage

and patience…”. His wife was puzzled at this abrupt behavior. Any way, she just told him not to think too much and they both slept after some routine work that night. Everything was normal next 3-4 days. They even forgot about what had happened that evening.

On duty in his office one of these days, Bogoratz received a wireless message around 11am. He was called to arrest two hoodlums in Washington Boulevard on the Western Coast. The duo had been looting the shops at gunpoint. He reached there in a short time with an inspector. The robbers tried escaping but the officer chased them. He was about to catch one of them when the latter fired back in panic. The bullet pierced Bogoratz’s head and he died on the spot. Unfortunately, his premonition had materialized indeed.

Paul Stuart was in her office at Modesto, California. All of a sudden she felt that some tragedy has happened back home. She was utterly tensed. No one was receiving her phone there. She then phoned her father and asked him to meet her thirteen years old son Nikki, who was supposed to be in the house at that time. Her father used to live near by and he could reach there in fifteen minutes. But it was too late! Nikki was riding his bicycle with a pistol in his hand for a fun. The bicycle slipped, he fell down and accidentally triggered the pistol, which was pointed right above his chest… By the time his grandfather saw him on the bloodshed road, he was no more!

Yet another incident reported from California also deals with instant premonition. Clifford Mac had invited his friend Abraham Iser for lunch. Both of them were in the business of publication. They were busy chit-chatting after the meal. Mac’s wife also sat with them for a while then she got up saying that she feels like having a shower. The two friends continued on topics of mutual interest. After about 15 to 20 minutes Iser somehow felt that Mac’s wife is in some trouble. He got up with a scream and insisted Mac to break the door of the bathroom open. Mac was stunned and annoyed at this whimsical action. “Abraham seems to have gone cranky!” – He thought.

Despite his friend’s annoyance, Abraham continued shouting – “Break the door, I say break the door of the bathroom…” When he saw Mac still ignoring him, he tried calling the police. Now the host took him seriously. They both reached near the bathroom. It was locked from inside. Clifford knocked the door and called his wife twice but there was no reply. Now, there was no other go. They hammered and pushed the door forcefully till it was broken. The woman was lying unconscious on the floor. Her head was dipped in the tub. It seems she suffered instantaneous rise in blood pressure. She was immediately taken to the hospital and became normal in couple of days after intensive treatment. As per the doctors, a little delay would have risked her life.

The above incidents illustrate that – if our mind could grasp some subliminal signals so naturally in ordinary case, then what if we attempt training it and try arousing its hidden potentials? Precognition or premonition is very much possible for serene, alert and enlightened minds. Its potentials are indeed limitless and can transmute the ordinary mortal being into divine one…

The Complexity Of Mind

Psychology says that –– man thinks even when he is not thinking anything. This sounds rather puzzling at a superficial level. When we are not thinking then how could our mind think? After all, we also think with the help of the mind only? It is true that whenever we think, it is indeed our mind that thinks... However, the functioning of mind is too complex to be explained or experienced this way… It does not remain idle even when we sleep or do not engage it in any thought. Its internal processing continues weaving its own dynamic web of thoughts.

The existence of inner layers of mind – as described in the *Shastrik* Literature is now an accepted scientific fact. Although, a complete realization or elucidation of the human mind has not been possible for the modern psychologists and brain researchers, the subconscious mind has been a focus of attention and studies since almost a century. These researchers also recognize the importance of unconscious and super conscious domains of (the inner cores of) mind. They explain that when one is all alone, calm, and practically thoughtless or sleeping, it is the conscious mind that becomes silent and inactive; but the subconscious and the unconscious mind, would in general continue their work in the inner and subliminal domains.

It is observed in some experiments that the messages or signals sent to a subject trigger significant variations in his brain impulses even if his conscious mind remains indifferent or plays no attention to these messages or is tuned to give no response to the applied stimulus. The extraordinary brain waves recorded in such conditions or in a state of sound sleep express the activities of the subconscious or the unconscious mind. The autosuggestion (hetro-suggestion) and hypnotism based methods of psychological treatment largely rely on reducing the disorders, deficiencies, and complications in the subconscious mind by inducing the desired effects of specific inspirations or advice in a state when the conscious mind is practically dead. These kinds of mental conditioning and teaching have been quite effective and are being increasingly used in different parts of the world.

Dr. A Smith, renowned psychologist of England, has written an interesting book entitled "Does Brain Think, When I Sleep?". He has cited several experimental research findings to explain that when we are fast asleep or lying in a sleeping state, our (unconscious) mind does not really sleep or relax. It continues updating its memory and resetting the mental information processing in the brain.

It is said that human mind can never be absolutely thoughtless or quiet. Although sometimes we may feel so, but it is nothing more than an illusion… Psychologists opine that once in a while such experiences (of thoughtlessness) are quite normal. They also advise relaxing the conscious mind regularly because continuous mental work without proper sleep leads to mental fatigue. This strain disturbs the physical (bodily) health too. It may also have negative effects on one's memory and thinking.

In the state of sleep or hypnotism, only the conscious and the subconscious layers of mind are set into total peace. This helps natural elimination of mental fatigue. The unconscious mind comes into action and it can be refined and trained in this state. Psychological treatment by hetro-suggestion (autosuggestion) or external stimuli works best in such a condition. Once the evil tendencies, malice, and untoward impressions are removed from the inner mind, it can be enlightened and empowered by the vital charge of inner inspirations in a state of trance or deep meditation. The subliminal source of magical transformation of personality and stimulation of the super conscious layers of mind also lies in the hidden cores of the unconscious mind.

Attainment of Divine Potentials by Stimulation of Sahastrāra

Cosmic consciousness is the eternal source of individual consciousness. The existence of life on the earth becomes possible because of the optimal transmission of cosmic energy. The two Geo-poles control the reception and balanced distribution of cosmic energy on the earth. The human body too has two poles – the extrasensory centers called '*sahastrāra*' in the inner core of the brain and the '*mūlādhāra*' beneath the lower end of the spinal cord. These play respectively the roles of the 'north pole' and the 'south pole' in maintaining continuous flow of the subliminal currents of cosmic consciousness and vital energy in the body.

The Sanskrit word '*sahastrāra*' literally means – "of thousand branches". The rhetoric descriptions in the Shastras define this extrasensory center in the brain as –– a divine lotus of thousand petals; the *Kailāśa* mountain of thousand peaks in the Himalayas; the *Śeśanāga* – divine snake, of thousand hoods; the *Kśīrasāgar* – heavenly ocean, of thousand layers; or, the Supreme Sun of thousand rays…. And correspondingly, it is described to be the center for manifestation of the eternal powers of God Vishnu or Shiva, or as the core of ultimate enlightenment, divine transmutation and absolute expansion of the individual consciousness.

The spiritual spark of *kuṇḍalinī* (also called the serpentine force) – the latent repository of the eternal currents of life and physical, psychological and intellectual activities – lies dormant in the *mulādhāra*. Its 'electrification' by the charge of *prāṇa* and arousal and linkage with the *sahastrāra* after penetrating the *suṣumnā nāḍī* (extrasensory axis of the endocrine canal) is affirmed as the highest level of *yoga* and spiritual attainment. The *sahastrāra* is also regarded as the subtle core of existence of the soul… The absolute power of the almighty indwells here as a seed (source) of the sublime domains of life…. The absorption of the elevated power of *kuṇḍalinī* in the *sahastrāra* leads to attainment of absolute knowledge and ultimate bliss. The soul is said to unite with its eternal origin in this state. There remain no worry, no desire, no attachment, nothing to be achieved there after…

The scriptures of *yoga* describe the *sahastrāra* to be located in the empty region in the brain about 2 inches inside from both the temples; about 3 inches deep behind middle of the eyebrows. It is realized as mercury-glow in the shape of an inverted umbrella or a bowl. It manifestation is described to consists of seventeen elements of light.

The Chandogya Upnishad describes the vision (spiritual realization) of the *sahastrāra* as –– "*Tasya Sarveṣu Lokeṣu Kāmacāro Bhavati*" –– equivalent to all powers of the visible and the invisible worlds.

Scientifically speaking *sahastrāra* is the extra sensory center that is the source of the vital power and activities of the brain. It is located in the reticular activating system of the brain. A spring of bioelectrical currents of vital energy sparks here every next moment. Likewise the systolic and diastolic variations of the heart beat, this blow of vital energy also expands and shrinks periodically. This impulsive force vibrates the functional centers of the brain and is regarded by the scientists as the basic source of the automatic activities and stimulation in the brain system.

The saintly poet Kabir beautifully correlates the beating of the heart and the vital energy sparks of the reticular activating system as – "*Hradaya Bīca Anāhata Bāje, Mastaka Bīca Favārā*". Distinguished Neurologists like Dr. Smith, also acknowledge the presence of supernatural power centers in the brain. In their views, pure intelligence is induced and operated through these subtle centers. The nature and extent of the collective impulses generated from these hidden layers (of mind) corresponds to different levels of expressions of the intellectual faculties – memory, analytical trenchancy, power of decision making, prudence, brilliance, etc, depending upon how the sensors of the brain receive and respond to them. The activities of these centers are supposed to be manifested in the cerebellum. Evolution of this portion of the brain is found to effectuate intellectual excellence and virtuous development of personality. Ages ago, the scientists of spirituality had understood this fact and realized this inner core of the brain as the location of the *sahastrāra*.

Anatomically, the human brain is divided into five parts: (i) the outer brain – cerebrum; (ii) the lower brain – cerebellum; (iii) the central or mid brain; (iv) brain linkages – the pounce; (v) the medulla oblongata lying at the upper end of the *suṣumnā nāḍī* [9]. The last three portions are collectively termed as the 'brain stem'.

The structural folds and the associated (subliminal) functional layers of the brain – especially in the frontal lobe are given specific importance. Brain scientists regard this folded structure in the brain as the chip containing the blueprint of one's personality because the roots of behavioral psychology, aspirations, mental instincts and emotional impulses are supposed to be generate and processed from here. No medicine or surgical technique is yet devised to influence or control this core of the human brain. The advanced level *yoga sādhanās* of *dhyāna-dhāraṇā* focus at this core. These together with the arduous endeavors of

Kuṇḍalinī Jāgaraṇa are found to generate remarkable effects – ranging from the arousal of prudence and righteous development of personality to absolute enlightenment and spiritual transmutation of the individual self up to divine realms.

The allegorical citations of the Indian scriptures – especially those dealing with the *sahastrāra*, contain deep knowledge of the structural, functional and subliminal facets of human brain and the endocrine system. The scientific findings of today seem to have been compiled in the rhetoric representations of these prehistoric volumes.

At one place, the human brain is likened in the *Puranas* with the heaven where 33 crores Gods reside. (This implies the enormous virtuous tendencies that could emerge from human mind). Of these five are described to be most prominent divine (supernatural) powers (of consciousness). The cores of their manifestation are what described in the ancient Indian Science of *Yoga* and Spirituality as the five sheaths (*panca kośa*) of life or the five layers of consciousness. The *panca kośī sādhanā* of *Gāyatrī* deals with the illumination and activation of these successively subliminal and gradually expanded domains of physical, mental, intellectual, and spiritual powers. The soul attains absolute realization of its divine self and the *sādhaka*'s enlightened mind always resides in a state of heavenly bliss upon successful completion of this *sādhanā*.

The *Shastrika* Literature at many places also refers the *sahastrāra cakra* as '*amṛata kalaśa*' – a repository of nectar, that secretes the *somarasa*. The *somarasa* is described to be the drink of the Gods, who become immortal and omnipotent, by the unique spiritual effect of this nectar. The scientific findings on the reticular activating system and the cerebrospinal fluid and endocrine secretions seem to match with this rhetoric simile. The cerebrospinal fluid supplies the essential nourishment to the different centers of activity and regulation in the brain. Its droplets are also absorbed by the endocrine glands (along the *suṣumnā nāḍī*).

The '*amṛata kalaśa*' of *sahastrāra* is said to have sixteen layers. Also, in some scriptures there is a mention of sixteen principal petals of the 'divine lotus' of the *sahastrāra*. These also imply sixteen major divisions of the functional core of the brain. The *Śiva Samhitā* guides to – "meditation on the *sahastrāra* that glows like a moon in the inner center of the brain and has sixteen *kalṃās* (layers or divisions) like that in the grandeur of the varying appearance of the moon.

The sixteen *kalās* of the *sahastrāra* correspond to the sixteen parts of the brain associated with the flow of the cerebrospinal fluid. These encompass different centers associated with the function and control of the brain and the body. The

centers of extrasensory faculties are also distributed in these folds. Activation of the *sahastrāra* results in collective stimulation of these centers too. Attainments of *riddhi-siddhi* are consequent to the electrification of these centers by the spark of the divine energy subliminally stored in the *sahastrāra*.

The *yoga*-scripture on "*Ṣaṭ Cakra Nirūpaṇa*" describes that a *yogi*, who has accomplished complete awakening of the *sahastrāra* becomes omniscient and omnipotent. His mind unifies with his soul. The nectar secreted from the *sahastrāra* makes him a divine being in the human body.

In terms of the scientific findings achieved so far, the *sahastrāra* may be understood as the core of the self-existent and auto-regulatory vital bio-electrical impulses in the brain that make the brain (and hence the body) alive and active. All the sensory and extrasensory, physical and emotional, intellectual and spiritual expressions and experiences of life are driven by this subliminal source. The *sahastrāra* is supposed to be linked with the cosmic consciousness through the *brahm randhras* – assemblage of subliminal holes or channels in the uppermost layer of the human brain.

Ten inlets and outlets are described in the human body for the reception, reflection or outflow of vital energy. Nine of these are physically active and visible in the body, ––namely, the two nostrils, two eyes, two ears, one mouth and the two holes in the genitals. The *brahm randhra* is the tenth 'gate', which is invisible, extrasensory. The *yogis* liberate their *prāṇa* through this end in the brain. The ritual of *kapāla kriyā* performed on the skull after the funeral of a Hindu is aimed at letting the *prāṇa* of the deceased free to move upwards towards the divine state of peace.

The *yoga*-scriptures describe several *sādhanās* of attaining the divine currents of the universal (vital) force or cosmic consciousness through the *braham randhras* to activate the *sahastrāra*. The *sahastrāra* and *brahm randhras* are treated as a single entity in some spiritual *sādhanās* of *yoga*.

As mentioned earlier, the *sahastrāra* is the north pole of the living (conscious) magnet of the human body. Thy power for all *siddhis* (greatest accomplishments) in the physical or worldly levels and *riddhis* (divine attainments) in the spiritual domains of life can be attracted from the infinity by the *sādhanās* of *sahastrāra*. The nature and strength of what is drawn from the limitless ocean of cosmic powers depends upon the quality and intensity of the 'bio-magnetism' at this extrasensory pole. The subliminal cosmic energy fields thus created around this pole conduct one's life the way it appears to be. What one's intrinsic nature and spiritual level would be – is also determined by the state of his *sahastrāra*. Or, in

other wards, *sahastrāra* is indeed the core of manifestation of the soul as an individual self. All the knowledge, all sensory or extrasensory experiences of the conscious, subconscious or unconscious mind are realized through this subliminal root.

All ascetic *sādhanās*, all *dhyāna-dhāraṇās* –– ranging from meditation to absolute trance, all devotional practices and spiritual endeavors of self-realization and divine culmination of the soul (individual consciousness) fructify and evolve from this end. Vital strength, intellectual radiance and spiritual transmutation emerge and expand from this subliminal center. Divine blessings too descend on the *sahastrāra* only.

Spiritual *sādhanās* of arousing and activating the *sahastrāra* gradually enlighten and enable it attract divine impulses from the infinite horizons of the Supreme Consciousness and consequently educe sublime transmutation of the (individual consciousness) of the *sādhaka*… Let us realize the hidden source of nectar in our brain and strive being blessed by this unique opportunity bestowed on human life…

The Amazing and Unknown World Living In the Human Body

The most interesting and challenging fields of research in Cybernetics have been focused on human body. Not only the scientists and philosophers of the modern age, but also the sages of yore have been driven by the quest for deciphering the immense complexity of this arcane living system.

This quest in the modern age has made possible the decoding of the human DNA sequence. However, despite the dedicated efforts of the geneticists, biophysicists, and other researchers of the biomedical sciences, and despite the successful experiments on cloning of some genes and synthesis of biomolecules in the laboratories, the mystery of the origin and ultimate end of life remains contumacious. No theory of evolution has yet been able to scientifically elucidate the origin and manifestation of consciousness in the living beings or capture the moments of transition between life and death.

The essence of what the Upanishads mention about the living system implies that the structure and functions of human body have not evolved in stages. Rather, this highly evolved system has always existed as a perfect creation of the Almighty. For instance, a hymn in the Ishopanishad cites that the entireness of *Brahmā* – the Supreme Creator of the universe is immanent in his infinite creation. Everything existing in the universe therefore is as complete and vast (in its subliminal world) as the cosmic expansion. The following couplet in the Chhandogyopanishad indicates the commonality of the universal entities in terms of the subliminal existence of the absolute cosmic power:

Satya Eṣoaṇi Maitdāyatymidam Sarvam |
Tatsayem Sa Ātmā Tatvamasi Śvetaketo ||

The ancient Indian scriptures also throw light upon the fundamental principles of the physical manifestation of consciousness. A human being is described here as – "A perfect assemblage of the subtle dynamic impulses that perpetually flow in the limitless expansion of the cosmos…". The underlying principle of uniformity in the subtle structures of the cosmos and the microcosm of a human being and the eternal conjugation between the vital powers and energy currents within and beyond the living system of the human body provide a scientific basis to the subliminal existence of the universe in the latter.

What is known or perceivable about the structure and functions of the human body (including the brain) itself is so wonderful that there remains little doubt

about the validity of above assertions. A complex, subliminal and limitless ocean of electromagnetic waves, neurochemicals, and vital energy indwells in this visibly small but functionally omnipotent system. Noting that the Indian Philosophy and Science of Spirituality and Life had focussed on the conscious as well as the material existence of Nature, reinvestigation of the scriptures in new scientific light might be useful in deciphering the mysterious world living within the human body. The authentic descriptions and implications of the Upanishads may be regarded as theorems or conjectures for this purpose and one may plan the theoretical and experimental research to prove, resolve, or verify their interpretations.

The eleventh *mantra* of the Ishopanishad says – "One who learns from the known (perceivable) as well as the unknown (subliminal), overcomes the knowledge of death and eternity…". This indeed gives an important clue in the present context indicating that the integration of the material based modern scientific research with the science of spirituality – the subliminal world of consciousness, would indeed offer comprehensive knowledge and in-depth understanding of the astonishing world living in a human being.

In continuation of the advancing research on human genes and neuropeptides, the molecular (neuro) biologists and physicists have also discovered some macromolecules responsible for bioelectrical functioning in the human body. It is found that a powerful electrostatic field exists in almost every tissue of our body. These electrical fields activate the neurons in the brain under the energized control of small amounts of certain neurotransmitters and these also affect the cell membrane potentials and hence the inter-cellular communication in other parts of the body.

Because of the enormous bioelectrical processing in it, our body functions like a dipole magnet whose north pole resides in the central core of the brain and the south pole in the bottom center of the genitals. Scientific observations show that its polarization process is similar to that of the earth and that this polarization begins right at the level of a zygote. The meiotic process occurs after this polarization.

An electro-sensitive micron image of even a child's body shows dense halo of light near the brain and the genitals. The locations of the north and the south poles of the grand bioelectrical magnet of the human body match respectively with those of the *sahastrāra* (extrasensory center in the reticular activating system) and the *mūlādhāra* (extrasensory center beneath the lower most end of the spinal column). These subtle energy centers are referred in the *yoga*-scriptures in the context of the *Kuṇḍalinī* – galaxy of vital electricity and spiritual powers. These two extrasensory centers respectively are said to be the subliminal

inlets and outlets or the two 'channels' for the continuous flow of cosmic energy, vital currents and bioelectrical communication in the body's universe.

In his book entitled "The Field of Life" (John Wiley, 1972) Dr. Sexton Burr writes that the high magnitude of the (bio)electrical potentials between the two poles of a tiny zygote is indeed astounding. This (bio)electromagnetic property naturally has a crucial role in enabling multi-cellular development of this single cell into the marvelous human body. In fact, as Dr. Burr describes, sperm itself is a dipole in which the upper pole carrying the nucleus is the center of information and the lower pole, the tail, contains electrical energy for transmitting this information. These poles are functionally active in the DNA and RNA of the cells in the offspring.

The continuous and controlled flow of electrical currents between the involved cellular dipoles plays vital role in embryogenesis and complete development of the body. According to Dr. Jean Mark (Science, issue no. 1, 1981) electrophoresis is fundamental to various cellular processes occurring inside a living body. The balanced circulation and optimal activities of the RBCs and the WBCs also rely on the ionic secretions through the membranes of these cells.

Significant work in areas of electrophysiology is reported on the cardiac pacemaker and the conducting tissues, which control the pumping action of the heart and hence the healthy blood circulation. Electrophysiological phenomena have also been studied microscopically in the spinal cord (around the *suṣumnā nāḍī*) and the connecting sympathetic and parasympathetic ganglions. Transport of calcium ions across the cell membrane is important in the bioelectrical and biomagnetic properties of the cells and hence in the active transport across the cell-membrane and for intercellular communication too.

The terrestrial magnetic lines of force enter through the Geo North Pole and exit from the Geo South Pole. The reception and transmission (or dissipation) of cosmic rays also is most intensive at these poles. The electrically charged ultra fast solar rays are always concentrated and focused at the receiving center (North Pole) and are most dispersed at the exist (South Pole). The South Pole works as the exit door for the dissipation of excessive heat, global pollution, and unabsorbed radiation, etc. This natural flow of energy from the north to south pole becomes possible because of polarization. The polarization in the human body is equally important for the bioelectrical, physiological and biochemical processing. The vital charging and evolution of energy fields around the two poles of the body's magnet emit specific aura that is brighter and intense around the upper pole.

The spinal cord is the connecting channel of bioelectrical power transmission from the brain to the central nervous system and to all the sensory organs in

fractions of milliseconds. The spinal cord is made up of collagen tissues constituted by compact assembly of these stable protein molecules. The upper end of this cord (covering the bundles of nerves) is charged positively and the lower negatively. In terms of tissue structure, this cord forms a coiled cluster at the lower end and spreads at the upper end as an elliptical surface in the reticular activating system of the brain. This core is the central repository or powerhouse of immense (bio)electricity, part of which is also used in the bodily activities from cellular to organ levels. Most of this storage remains subliminal. Further, due to the continuous flow of positive and negative currents and mutual reactions and consumption of ionic concentration in the varieties of processes going on simultaneously in the sensory operations, electrophysiological, metabolic, and motor activities, etc, it is difficult to measure the charge of this power field by electroencephalograph. The EEG can record only about 13% of the bioelectrical activities of the brain on an average.

As described earlier, the reticular activating system, the central region of the pineal, pituitary and the hypothalamus in the brain are given immense importance in the *yoga*-scriptures. The associated vital and latent energy domains and extrasensory power centers are referred here as the *brahmrandhra* and the *sahastrāra*. The *sahastrāra* being the 'north (upper) pole' of the body's magnet receives cosmic signals and subliminal transmissions.

Yoga sādhanās of successive refinement, activation and control of *sahastrāra* bestow the potentials of attracting and absorbing the desired supernormal powers and impulses of cosmic consciousness through this extrasensory center. The necessary disposal of the malice (of the body and mind) and the pernicious effects becomes possible through the *mūlādhāra cakra* (–the south pole of the body's magnet). The quality and intensity of the cosmic energy received by the upper end (the *brahmrandhara* and *sahastrāra*) of the dipole (bio)magnet of the spinal cord depends upon the mental enlightenment and spiritual elevation of the *yogi*.

As mentioned earlier, the cosmic radiation are received by the geo-north pole on the earth and the excess, untoward effects, or wastage after the consumption of the desired energy thereafter is discarded through the geo-south pole. This process is similar to the subliminal process of the attraction and absorption of cosmic signals (of the eternal *prāṇa* immanent in the cosmos) by the *sahastrāra* and disposal – after necessary consumption by the extrasensory centers along the endocrine column through the *mūlādhāra*. In the context of *kuṇḍalinī sādhanās* the *yoga*-scriptures liken the *mūlādhāra* with a deep pond and the *sahastrāra* with the profound Himalayan peak of *Kailash*. The conformity and vital linkage of these two *cakras* (extrasensory centers) is realized through the electrification of

kuṇḍalinī[10] and results in ultimate bliss. The individual self, the soul unites with its eternal origin – thyself and realizes absoluteness in this state.

The active level of spiritual charge in the *sahastrāra* determines the intensity and glow of the aura around one's face (especially the head). The mythological depiction of bright halo around the face of God or divine characters symbolizes this fact. The two volumes on "Psychic Discoveries behind Iron Curtain" mention a great deal about the aura of vital energy around living beings. The Kirilian photography is said to have made it possible to image and analyze the aura as clearly as the polar spectrum at the terrestrial North Pole. Dr. Narendran, a neurologist at the Madras Medical College is reported to have recorded the halos of 'light' (vital energy zones) around different parts of the body including the fingers. The Kirilian technique of sensing and recording of micro-ionic energy domains is a remarkable scientific development of Thermographs and Electromagnetographs in the second half of the 20th century.

According to Dr. Narendran, the intensity of the aura increases with vital energy. It exists even in plants, trees and even in the inanimate matter but is difficult to be photographed due to low intensity. A high voltage projection recording with the help of a modified design of Dr. Kilner's instrument (invented in 1949) is used for recording the aura around human beings. Researchers in this field opine that the measurement of aura and the analysis of its spectra would be useful in understanding the mental state of patients and would therefore provide better means for the diagnosis and management of psychosomatic disorders. Some of them express the view that the knowledge about this rather new field of bio-energy was available since ages but was largely hidden due to misinterpreted and unscientific practices like those of hypnotism and holography, etc.

Dr. Kilner had shown using a diasynine screen that the distribution of ions around our body is affected by the number of dead cells being disposed off through the skin pores and that the extent and rate of decay is associated with the level of our vital energy. The aura is supposed to be formed in the intense ionic zones around the body. Hence a relation between the appearance of an aura and vital energy. He mentions in his book on "Human Atmosphere" that the charged particles in the aura remain invisible due to their nano-structure and dispersed distribution. The glow of the aura around most people therefore remains dim or dull. However, people with supernatural powers and elevated spiritual energy can visualize and measure the aura around anybody.

The scientific methods of recording and analyzing the aura around the human body, and the scriptural reviews on the origin and knowledge of the subliminal fields of vital energy and the spiritual force associated with its glow, are

discussed in detail in –– "Pt. Shriram Sharma Acahrya Vangmaya" volume no. 17, entitled "*Prāṇa Śakti – Eka Divya Vibhūti*". The present discussion gives only a glimpse of some related aspects of the astounding living system of the human body that have been deciphered in the modern laboratories too. The subliminal world living inside the human beings is far more vast and mysterious than the world around it. The *sūkśmīkaraṇa sādhanā* – spiritual endeavor of sublimation of the life force, is a consistent and phased process of the realization, expansion, transmutation and unification of the individual consciousness with the supreme cosmic consciousness.

As the scientific research proceeds with discovering the subtler folds of life in the human body, newer dimensions of supernatural powers would begin to unfold in this natural system. The principles and attainments of *sūkśmīkaraṇa* would also then become more explicit and convincing and inspire greater number of people to endeavor and benefit from the majestic attainments of spiritual *sādhanās*.

Integration of science with spirituality would help unveil the subtle mechanism and depth of the universe of life in our body. This would also enable scientific vision of the superiority of the power of consciousness over all other powers in the physical world and thus enhance our faith in its omnipotent eternal origin. This elevated reverence for its Supreme Creator should educe our faith in the dignity of human life and humanity too.

Arousing the Dormant Might

At a gross level, the capabilities of our conscious mind are quite limited. It cannot grasp the unexpressed knowledge and can't even conceptualize the subliminal facets of Nature. No doubt, the strides of scientific developments and intellectual evolution have been remarkable in the 20th Century. Yet, there remains a lot more to be deciphered in the hidden folds of life and Nature…

We have seen several examples of the secrets of Nature in the earlier sections. The following add new horizons to the unexplained enigmas…

There is a mysterious well near the ruins of an ancient temple in the thick forests of Sapigehalli village in the Shimola district of Karnataka (India). Once a British named Wilfred went to these forests for hunting a tiger. He found the ruins of this temple as most suitable hideout while awaiting his target in the darkness of night. Well, he did not have to wait long! A tiger appeared near the well all of a sudden at mid night. While Wilfred was focusing his gun, he heard an exceptionally melodious sound of whistling from inside the well. The musical sound seem to have hypnotized him for few moments… He became normal after the sound stopped.

Then he again looked at his target. The tiger was still sitting in the same position facing the well. Now Wilfred was about to hit the bullet but again the engrossing sound of whistling shook him from within. He felt restless… The whistle echoed once again after a momentary pause. With that the tiger jumped in well. Wilfred was shocked to see this! He felt as though the whistling sound was pulling him towards the well. He was shivering. He somehow turned his face backwards and ran away to the village that very moment. Excited and horrified, he woke up the villagers in the wee hours before dawn and narrated the mysterious experience. They informed him that the arcane incident takes place at the very spot every year on that particular night. As per their information, over a dozen intrepid hunters had lost their precious lives by jumping into the well. Wilfred was perhaps the only fortunate one to have escaped the mysterious 'call of death'…

A somewhat similar mystery is associated with Chamanath in the valley of the Nilgiri Hills in South India. It is said that the village was a big business town during the reign of Tipu Sultan. The ruins of some buildings and markets still remind of those days. The broken structure of a grand temple made up of black granite and a deep well in its premises are the center of attraction of the tourists today.

It is said that during its glorious times, this city lost all its population in a span of few days after the spat of a mysterious disease. Except for some villages in the outskirts, the entire town had turned into a ghost land of horrifying solitude. Decades passed… when Captain Ned was appointed as a forest officer (of the British Government) in the Nilgiri range. He was curious to visit Chamanath after hearing its arcane history. He also was found of archeology and used to love spending time in isolation with Nature. The black granite temple attracted him the most during his visit to this deserted town. He planned to camp there.

Captain Ned slept inside the temple after a day's tracking in the nearby area. Every thing was quite smooth and pleasant so far. Around mid-night a brass lamp hanging inside the temple was kindled mysteriously! Its serene flame seemed to enunciate something. The captain went near and tried to concentrate on the sound of the flame. Being in India, he had learnt Sanskrit well and had also read quite a bit about the Shastrik Literature. From what he could comprehend from that sound, it appeared to be a female's voice chanting a *Śiva-Strotaṁ* written by Ravana. He inferred that this might have been a temple of *Śiva*. Interestingly, the flame disappeared with the completion of the *strota*. Everything was quite normal after that. Captain Ned was thrilled to have found a magical lamp (like that of Alladin in the fairy tales!). He brought it home.

No automatic ignition or chanting, neither any magic was experienced from this lamp in Ned's house. But, he felt ill since the day he entered home with this lamp. Doctors could not diagnose or cure his sickness. His condition continued to deteriorate. One of those days his wife dreamt that an Indian sage is advising her to return the lamp and hang it back at the place from where it was brought. She arranged to do so the next day itself. What a wonder! Now her husband became all right in next couple of days without any medical treatment.

Human mind, in general, plays the principal role of experiencing and understanding the gross (perceivable) world. Modern sciences largely focus on this world perceived by the conscious mind. This is why the causes and effects associated with the subliminal world of consciousness mostly remain undeciphered and ignored.

In fact what is recognized as intellectual excellence in day-to-day life or exceptional sagacity of mind in the context of great accomplishments in scientific research and other talents is a manifestation of only about 7% of the true potentials of the human mind. The rest – about 93% of it remains dormant in the inner layers of unconscious mind. Arousal of even a small fraction of this hidden power might enable unfolding the mysteries of Nature and elucidate the subtle world that is yet ahead of the reach of the scientific and technological advances.

The great *yogis* and masters of spirituality perceive the transcendental as well as the gross world beyond any barrier of time by activating the latent intellect.

The Linkage of the Subtle With the Gross Body

The manifestation, activities and the goals of our life, as most of use might feel, revolves around our bodily experiences. Crude classification of the animal kingdom too emphasizes only the biological existence of the body as that of a human being or any other organism. Anatomically and physiologically all human beings appear to be the same in normal case. The biological nature of one person (human body) resembles that of the other members of this species. Even at the level of psychology, human nature is supposed to be predominantly common or similar across the human society. However, as one goes deeper in understanding the multiple facets of personality, each individual appears to be unique in terms of his biological (bodily) characteristics, psychological nature and intellectual talents. This distinction is limitless in terms of inner instincts, thoughts, sentiment and spiritual nature.

Although, the physical recognition of a person is defined in terms of the structure, appearance and movements of his body – his voice, his walking style, etc, this alone does not represent his existence. His temperament, behavior, habits, intellectual level, talents, aptitude, inclination, etc all play important role in shaping his personality.

Even at the level of the physical body, what appears externally is not everything. The gamut of internal organs, the bones, nerves, veins and arteries, cellular and molecular components… are indeed more crucial though these cannot be seen by naked eyes or perceived externally. Any deficiency or disorder in the internal system of the body makes life difficult. The tinier the internal component be, the harder it is to examine and cure it. Advanced imaging techniques, surgeries and endoscopy become inevitable in such cases.

As we all know, one might fall sick even if everything is fine with the external and internal components of the gross body. This could be because of some disorders in the energy-body or the mental-body (collectively referred as the subtle body) hidden in the physical being of a person. It is extremely difficult to cure such problems as it requires deeper decipheration of one's *prāṇa* (source of vital energy) and psychology. Still subtler is our astral or spiritual body. This is what encompasses our inner self. Our aspirations, sentiments, the roots of the existence of our own self…., are hidden in this subliminal domain. Even the realization of its existence in not possible without substantial refinement and control of the gross body and strengthening and spiritual enlightenment of its subtle counter part – the mental body.

The ensemble of the gross (physical), subtle (mental) and the causal (astral or spiritual) bodies collectively represents the manifestation of the individual self (soul) as a human being. These interconnected expressions of life are folded in successively subtler and stronger sheaths of consciousness. The vital charge and hold of these bodies becomes more intense and significant in the same order – the astral body being utmost important. The health and vigor of the gross body no doubt is essential in the physical world, but this alone is nothing in human life without the mind and the inner self. Intellectually evolved minds would also do little good to themselves or to the world without righteous illumination of the inner core of sentiments. It is indeed the nature of the inner self that drives our aspirations, motivations and willpower and hence, though subliminally, shapes the flow of our thoughts and conduct. The spiritual force of the astral body is superior to the immense potentials of mental sagacity and intellectual creativity.

Despite having their distinct identities, the three bodies of an individual being cannot be separated likewise the layered skin of an onion or a banana stem. These are inter-linked with each other like the smell and color of a flower with its petals. The gross body needs no introduction. We all experience it every moment and even identify our selves by it. Any basic book on anatomy and physiology would provide substantial knowledge about its structure and functions. The influence of the subtler bodies upon the gross is however not measured or experienced so easily, as the existence of these two bodies is subliminal and extrasensory.

The subtle body is constituted by five subliminal currents of consciousness referred in the scriptures on *yoga* and spirituality as manifested in the *panca kośa* (five sheaths) –– the *annamaya kośa*, *prāṇamaya kośa*, *manomaya kośa*, *vijnānamaya kośa* and the *ānanandmaya kośa*. The five *prāṇas* – subliminal currents of vital energy indwell in the subtle body and collectively express (originate) the force of life in the gross body. Decomposition or dissipation of either leads to different kinds of disorders in the brain functions and deficiencies or diseases in the gross body and eventually results in death. The dead-body of a person bears the same constituents – at the (bio) chemical, molecular, cellular, and organ levels, as his living body. However, the former being deprived of the *prāṇa* (and therefore of the brain functions) deteriorates and is soon destroyed by the natural process of biodegradation.

A natural question now arises as to what happens to the subtle (and the astral) body after physical death (of the gross body)? Where and how does it exist? What are its functions…, etc? These queries could be answered if we first pay attention to how the subtle body exists in the living physical body and what does it do there?

During one's lifetime, his subtle body exists and expresses itself in the physical body as the power of perception and conceptualization. Brain is supposed to be the central core of manifestation of its functioning. The activities and experiences of the sense organs and the mind reflect its presence….It is a 'spark' (repository) of the subliminal force of consciousness of the individual self and is expressed during the latter's manifestation as a living being in the physical world.

The existence of the subtle body in the physical (gross) body is immanent like that of butter in milk, or fragrance in flowers. These cannot be decomposed separately. Milk is no longer milk once butter is extracted from it. Extraction of scent from a flower turns it into a nothing more than rubbish. The same is true of the physical body. It cannot process, perceive, think, or feel anything if the expression of the vital source of life and mental faculties – the subtle body is isolated from it. Neither the latter, being subliminal, could express its existence any more without the physical body.

Human Mind – Coherence of Infinite Energy

Hundreds of disciples and devotees of Swami Ramkrishna were engrossed in his discourse at Dakshineshwar that day. A stranger entered the hall for his *darshana*. Ramakrishna had never met this fellow… but he began scolding this chap like a mother would to her mischievous child. The swami said – "You have beaten your wife at home and came here for devotion? Go back! First bag her pardon then think of entering here for the *satsang*. The stranger was shocked. He cried. Confessed his mistake and went home to apologize before his wife.

The audience was stunned at this episode. Some of them could not help expressing their curiosity. How could Sri Ramakrishna know what the stranger was doing sometime back, far away from the ashram? The swami humbly replied – "human mind has infinite power… It can reach anywhere in the world and even acquire hidden information in a fraction of moments…, provided its power is restrained from being drained abruptly in pernicious passions and in haphazard activities".

A *tantrik* was deadly jealous of Guru Gorakhnath's spiritual accomplishments. He wanted to kill this great *yogi*. Once they both encountered each other on the way through a forest. The *tantrik* had an axe in his hand. He ran towards the *yogi* but was prevented by some invisible force about 10 feet ahead of reaching his 'target'. His hand holding the axe was fixed up in the air and the other hand got stuck to his stomach. He became still like a stone and started screaming out of fear… The *yogi*, Guru Gorakhnath was standing calmly in front with a smiling face. His disciples, who were behind him, were delighted to see this wonder… They were eager to know how their guru could employ this 'magic of *yoga*'.

Gorakhnath preached them – "Controlled and enlightened mind is like an obedient giant endowed with supernatural powers. What you all saw was only a glimpse of its miraculous capabilities. It can eliminate thousands of such *trantiks* and adversities in no time…"

Brahmchari Vyasdeva narrates his experience with the spiritual powers of mind in the prologue of a book on "*Ātma Vijňāna*" (The Science of the Self). He writes – – "I often used to meet a sage, who lived in a cave on the mountains. I was feeling rather hungry the other day when I reached there. Looking at my face, he asked with affection – "what would you like to have my child? I will give you whatever you want to eat today…" My greedy tongue recalled the taste of the warm *Jalebis* available in the Chandani Chowk market of the old city of Delhi. In my restlessness, I even expressed my wish to him".

"The sage went inside the cave and brought something in a wooden pot the next minute. Wow! These were the same *Jalebis*. Warm and fresh with the same delicious taste! I felt as though I am sitting in the same sweet shop at Chandani Chowk, Delhi. When I went inside with him, I saw there was nothing – not even a broken utensil, or fire to cook anything. Then, from where did the sweets come? How could he get them from thousands of kilometers while sitting in that remote land? The sage laughed and explained – "Human mind is a repository of supernatural powers. Once it is refined, spiritually activated and trained by *yoga-sādhanās*, it can extract anything – matter, energy, supernormal currents of consciousness, from anywhere in the world – even from the 'emptiness' of the space, and transform it to any desired form without any constraint of time...".

Swami Vivekanand was touring Hyderabad those days. He had heard of a Brahmin *trantrik* who used to live with his family in a nearby village. This Brahmin was known to possess magical powers of producing any desired substance from air. He also used to attribute this to the immense concentration of the otherwise astray or dormant powers of mind.

Swami Vivekanand has mentioned about this Brahmin in one of his books on the occult powers of *yoga*. He recalls – "When I and some friends went to meet this Brahmin, his son was suffering from high fever. Noting that we had gone to see some of his magical experiments, he turned towards me and said – "I can do that any time. But, I won't be able to concentrate my mind unless my son is cured. So, kindly put your blessing hands on his head. If a great saint like you blesses him, I have no doubt that he will be all right immediately…" I accepted this 'condition'…."

"When his son felt much better and relieved of the fever, this man began his experiment… He sat covering himself with a blanket. We had checked this blanket before. It was like any other blanket. There was nothing hidden inside. He kept giving us a lot of things – dry fruits, varieties of sweets, and what not? He would just keep is hand inside the cover, close his eyes and bring out the desired eatable in this hand the next minute. We even asked for things that were not available in that region. He gave us so much that our tummies were full. On our request he once brought a huge bunch of fresh roses with dew drops on the petals. It would have been impossible to keep or tie so many roses on that blanket even if it was spread wide open…"

Ample experiences of the above kinds are also cited by renowned foreign tourists who got the opportunity to meet some *yogis* in the Himalayas or elsewhere in India. The incidents of these kinds evince the linkage of human mind with the cosmic consciousness. These experiences demonstrate that the supernormal

attainments of *siddhis* like – *Aṇimā*, *Garimā*, *Laghimā*, *Prākamp*, *Īsatwa*, *Vaśitwa*, etc are not imaginary. They do seem to have scientific basis as the modern researchers have begun to recognize with the advancement of neuroscience.

The discoveries and technological developments on LASER have added new dimensions to the scientific achievements of the modern times. LASER appears to be a physical analogue of the 'clairvoyance' of the human mind as described in the *yoga* scriptures.

When man landed on moon for the first time, Apolo-11 was well equipped with laser instruments. These were attached to the units of sensitive cameras and other instruments that were left on the moon's surface. These used to record the activities there and send the photographs and other signals to the space research centers on the earth in a matter of few minutes.

The first successful experiment on the laser equipment was carried out on 9th May 1962 at around 8:55 p.m. in Lexington, near Boston in front of eminent scientists and dignitaries of the United States of America. When Prof. Luis Semillon pressed its switch 'on', the instrument produced a beam of rays in a thin shape of a thread… This beam reached moon's surface in 1.3 seconds, penetrating everything on its way. It generated a two miles long image of light near the Elba Teniuz Volcano and was refracted back in the space research lab in almost the same amount of time.

Laser can pierce a hard diamond and make hole in it in less than a 20 billionth fraction of a second. The wonders of laser have attracted scientific research worldwide. Over 500 laboratories across the globe are engaged in advanced research on laser based applications. The strategic laser guns could be used to destroy the enemy's ammunition, war crafts, and missiles from a distance of several thousands kilometers…According to the then chief of American Air Force, Gen. C. E. Lamey, Laser can be used remotely in the intercontinental wars. The strategic instruments developed in Philadelphia and Falkland indeed have this power. These can destroy a target located at about 186000 miles in less than a second!

On the constructive side, laser has offered the boon of endoscopy and micro-surgeries. LASER could replace televisions and might endow us with a extrasensory power to have the live vision of the real events – instead of their images or photographs! With the help of laser telescopes, we may also be able to have a look at any spot, anywhere in the world, like what Sanjaya used to during the War of Mahabharata with the help of the supernormal vision of his mental eye.

Laser may also make distant communication without a medium or network a reality in near future. Some great *yogis* are known to possess such a power of telepathy. They can, by their aroused willpower and subliminal force of mind send or receive signals of any kind to or from anybody, from any place… Jagat guru Adi Shankaracharya was on the Himalayan borders of North India when his mother remembered him from the deathbed in her house down South in a village in the interior of Tamil Nadu.

Before leaving home, Shankaracharya had promised her that he would be present to offer his regards before her final departure… His subtle mind could catch the *parā vāṇī* – the mental signals of his mother's inner urge without any delay. Though there were no telephones, telegraphy, or any other mode of rapid communication those days, Shankaracharya got the message instantly and reached home well before his mother's demise. She passed away in peace after meeting him. He returned back to the mission near the Himalayas after performing her last rites as per her last wish.

The third eye or the sixth sense activated in human mind endows it with the supernatural potentials of the above kinds. While laser (Light Amplification of Simulated Emission of Radiation) works on the principle of focusing energy radiation by physical means, the sixth sense of the *siddha yogis* seems to do so with the subliminal flow of cosmic consciousness in the inner domains of mind.

Dr. Charles Town had pioneered the idea of LASER in 1951. He thought that so many gases pervaded in the space flow in all directions… so why not try collecting and concentrating their atoms to move in specific direction. This is what the first laser instrument achieved.

The radiation, the atoms dispersed haphazardly in the space are excited with the help of red platinum rod and focused to flow coherently through the medium of Helium or Krypton… This generates immense energy resulting from the collective effect of the compounded vibrations of the involved atoms.

The human mind is also like a 'crystal', which is subtler than the Helium or Krypton atoms. The Indian Philosophy describes mind as the subliminal form of matter and energy. We all know that photosynthesis plays crucial role in the healthy growth of a plant or tree. Over 95% of their nourishment is supplied by the sunlight which is also absorbed by the fruits and grains. The sunlight and subtle radiation absorbed by the body are concentrated in the mind. Thus, mind is also a very special kind of 'matter', light or other forms of energy…

Dr. Lodge has covered these aspects of the 'Physics of Mind' quite effectively in his noted volume on "Mind and Matter". Referring to the questions raised by

the German scholar Heckle in the book "The Riddles of Universe", Dr. Lodge writes that – "Heckle also accepts the universal law that matter and force are never destroyed completely. They remain conserved in one form or the other. He defines this as the Fundamental Cosmic Law… The vital force of life (*prāṇa*), mind (*mana*) and consciousness of the self (*ahamkāra*) also follow this law and retain their existence even after the death of the individual being. Although science has not yet been able to recognize these extrasensory powers, it is my conclusion that *prāṇa* exists subliminally in space. Mind exists in a more evolved state in the cosmic expansion. The subliminal energy currents of mind are far more power powerful than any other kind of energy and these can influence the matter and everything else that exists in the physical world…".

Understanding these concepts and the science of mind would require deeper thinking and realizations… It may take another century till the modern science advances to the level of experimenting with the physics of mind. Nevertheless, the fact that human mind is more powerful than LASER and is indeed a repository of infinite power – is evidentially expressed in the lives of the great *yogis* and visionaries.

The Latent Roots of Power

A small seed contains the blueprint of a huge tree. Its germination and successive growth bring the unknown, the invisible, into a visible and perceivable form. The sperm holds a complete man – with its inherited nature and biological history of several generations alive – in its micro-subtler folds. Time brings into apparent existence the grand system encoded in the tiny units of the genes.

The subtle structure of an atom contains a 'solar system' of subatomic particles in its core. The blow of energy generated by the fission of its nucleus expresses the immense power hidden in its tiny, negligible existence. The same is true of a human being too. In general, a human being lives an insignificant life of an 'evolved animal'. His aspirations and activities revolve around stomach and sex in one way or the other. Even his intelligence remains engaged in generating comforts and pleasure for the body and its offspring. However, a little awareness and refinement in his attitude begins to show that his life is indeed precious and endowed with enormous potentials.

Reflection of the unknown or the latent power often appears astonishing or miraculous. But, there is nothing like a miracle in this world. Every event, every power, every possibility is hidden in the inner cores of Nature… Its existence is eternal. Nothing diminishes or generates here from the empty or nonexistent. It is only a transformation of the expression of existence that reflects such effects and impressions. Whatever we know or often deal with becomes ordinary for us… If something unknown or unheard of occurs it surprises us… Similar is true of the so-called extrasensory perceptions and miraculous experiences. There is nothing magical or mysterious about them. These also pertain to – the expressions of the subliminal, the awakening of the dormant, the realization of the unknown. Given the opportunity, the hidden or normally inactive powers of a human being may lead to his absolute evolutions into a divine being – endowed with the virtues and powers of *thy* creator. The science of spirituality deals with the arousal and ascent of the human self, its bodily, mental and subliminal potentials.

From the reported instances of scientific verifications of spiritual (or extrasensory) powers, it appears that first series of such experiments mostly dealt with the extrasensory force of attraction or biomagnetism activated by willpower and mental concentration. Count Egner Gasperin of France had experimented on a person who could pull and lift things from one place to the other against gravity – without even touching them or applying any external force. Gasperin regarded this power as a power of attraction against gravity. He also formulated a measure for this power. He argued that hanging things or people in air without any support or upward force is not a mysterious power or a magic of God.

Rather, it is an expression of the elevated and focused mental strength and willpower.

Dr. Gasperin's report was published in 1854. A year later, Professor Durrett of Geneva also published a research paper on the force of attraction in human body that could be superior and against the gravitation force. His results and conclusion were in accordance with those of Gasperin. Professor Sir William Crooks researched on this line to verify these findings or inferences. He was a fellow of the Royal Society and enjoyed eminent recognition in the scientific community those days. He had conducted several experiments on Denial D. Holmes, who possessed the exceptional power to lift any object from one place to another without holding it in hand or using any other means. Sir Crooks' research results got published in the Quarterly Journal of Science in 1917. This helped establish the scientific approval of the supernatural and spiritual powers of mankind.

In view of the curiosity of several other scientists, once Dr. Crook had arranged an experiment in his house to demonstrate Denial's extrasensory powers. An accordion was kept inside a cage in the hall. Denial was not allowed to touch the cage or the keys of the accordion and he was asked to play this instrument. Some physicists, lawyers and doctors were watching his activities carefully. The man stood in front of the cage at a visible distance and began moving his fingers in air as though he was playing the accordion. Within few seconds, the keys of the instrument were seen being pressed automatically and started producing the corresponding musical notes. Well, the accordion was being 'played' excellently. One after the other, Denial Holmes played several tunes without even touching the cage. It was a great show by all means.

In another significant experiment reported by Sir Crooks, it was found that Denial Holmes was able to destabilize the equilibrium of a heavyweight balance just by lightly touching its board. The balance was so sturdy and insensitive to moderate weights that even when Sir Crooks himself set on its one side, it hardly recorded any shift in its pointer. Then how could it show significant weight and drastic shift by a mere touch of Denial's finger? This too was a startling demonstration of the inner force of human self.

Dr. J.B. Rene was a Professor of Psychology in Duke University at North Carolina… His wife has cited interesting incidents of selective willpower in her book on "Mind over Matter – Psychokinesis". She writes that once a person came to her husband's department and claimed that he has suddenly developed exceptional acumen and willpower in gambling with cards or dice. Moreover, he can also force the other players to play at his will. Some people in the university had heard of the 'gifted brains' who could know about the other player's cards or

who possessed clairvoyance to see beneath the earth's surface… But this man's power sounded more astonishing! He said he could declare, even before the distribution of cards begins, who will get what – disregard of, who is distributing the cards and who is sitting where?

In fact this man was able to control the distribution of cards without touching them… Not only that, he was even able to influence the minds of the players and movements of the dice too! Prof. Rene and his group conducted several experiments within and outside the university premises and confirmed this person's exceptional talents and will power… In one such example, 25 students participated in a game of dice. This man asked the students to throw the dice one by one. Each time the student was supposed to wish for a number of his choice…; this person would close his eyes and 'order' the dice to show that particular number before the student threw the dice. Well, each time the dice seemed to have 'followed his orders obediently'.

Further experiments in the Duke University showed that this person's willpower worked on other substances too. Dr. Helmut Schmidt of the Physics Department of this university had arranged a challenging experiment. The decay of radioactive element is a natural phenomenon. But if a compound has four radioactive substances, the order in which they would decay and will be diminished is never certain. The indicators attached with the sensors to measure the decay can only show – by flashes of the glows of the attached lamps – when a particular constituent element has decayed significantly… But no one can predict with 100% accuracy, which bulb (which color) would be switch on in what order? However, in several trials on the spiritually charged willpower and precognition of this "gifted man", it was found that the bulbs were switched on in the order 'determined' and declared by him well in advance.

During the 'Iron Curtain' days of Russia several experiments of psychokinesis were conducted on a lady of Leningrad. This woman, named Nelly Kulagin was appointed as a Sargent in the Takai Regiment when she was nineteen years old. She was retired form the army in couple of years because of being severely injured in the German attack. Later on she married, gave birth to a son and enjoyed a pretty long life with her grand children. This lady had extrasensory powers like Denial Holmes (referred above). Russian researchers had conducted some tests on her at different stages of her life. In one such experiment – conducted without any prior intimation, she was invited to a diner party sometimes in 1970.

A group of researchers including physicians and doctors headed by Prof. William A. Mac Garry reached there without any intimation and asked her to demonstrate her unique power on the dining table itself. Well, she shifted the

spoons, dishes, and eatables with their containers from one corner of the table to the other without holding them. She just used to move her hand several inches above the desired objects. She also rotated a ring kept in front of her by repeatedly rotating her head clockwise and anti-clockwise. Surprisingly the ring made exact circular motion in corresponding direction without any axis or pivotal support. In one of the movies, she was shown throwing a ping pong up, holding it in the air and pulling it down as per the instructions of her fingers.

A seventeen years old British girl named Julie Carleton had demonstrated her extrasensory powers to mold spoons and knifes in any shape just by a momentary touch. Her power was found to be similar to that of Yuri Gellner and there was no fraud in her claims.

Series of such experiments and scientific validation of the exceptional willpower, clairvoyance, etc, have been reported extensively from the western countries since past few decades… The modern scientists might continue this research up to their satisfaction and might even hunt for a cause explicable by the existing scientific theories…, the Indian science of spirituality has always affirmed the truth of supernatural powers of human mind beyond any limitation.

It should be noted that, the clairvoyance, willpower and extrasensory perceptions of human beings are not confined to material substances or objects alone… If evolved further, the spiritual powers can do wonders at the level of consciousness too. The great *yogis* and saints could therefor enlighten and inspire people's thinking and aspirations in the righteous direction.

Know Your Future

As each one of us might have experienced, sometime or the other we do get a premonition or a glimpse of the future. This might be related to our personal life or pertain to an event of social or national importance… Though we rarely comprehend the implications of such precognitive experiences, whenever we do, these could be of immense importance – especially in taking preventive measures against a likely accident or natural calamity.

8th December 1978 – a chilled night in England! Edward Pearson was caught travelling without ticket in a London bound train. He was arrested and produced before the court. Replying to the judge, he explained – "Mr. Justice, I did not intend to travel without ticket. I have never done so in the past. I am a disciplined civilian. This time circumstance had forced me to catch the train in emergency; when I reached the station, the train was about to depart. I got into it almost running; I had no time to purchase a ticket.

When questioned about the reason for this urgency, he replied – "In fact I have had precognition of important events and natural calamities on several occasions. Yesterday, I had a premonition that there will be severe earthquake in Glasgow in near future – it may be tomorrow, or may be a weak or a month from now… It could prove to be disastrous. I wanted to rush to the meteorology department in London so that they could arrange for necessary warnings and safety measures in advance".

The jury found no justifiable or legitimate ground in his defense. He appeared to be misleading the court by false stories. Moreover, the territory of England had no history of severe earthquakes. Edward was naturally punished for this dual crime. Exactly three weeks later, a newspaper entitled "Daily Courier and Advertiser" published the news of a deadly tremor in Glasgow under the heading 'Prophesy of a Ticket-less Traveler'. As per Edwards Pearson's premonition, this natural calamity had claimed significant loss of lives and property. This entire incident is also covered in detail in the book entitled "The Unexpected Mysteries of Mind, Space and Time".

Recognizing the importance of research on the precognitive powers of human mind, renowned psychiatrist and psychologist, Dr. J. C. Basra had established the "British Premonitive Bureau" in 1967. Apart from research on the instances of premonition, this organization used to arrange for precautionary measures in view of the authentically recorded (in its office) premonitions of natural calamities… Another organization called "Central Premonitions Registry" is engaged in similar work in New York. An American psychologist, Dr. Robert D. Nelson had pioneered its foundation. He never believed in dreams and

precognition until he experienced the truth of his own premonition of a road accident. Being a medical doctor he also encouraged scientific validation and research into such experiences.

Our past and future are closely, though indirectly, related to our present. Except perhaps in the childhood – when our neuronal network is not fully developed and our own life is largely shaped by the guidance and support of our parents and teachers, our past experiences help our learning and planning in the present. Our individual personality, our inclinations and abilities contribute a lot to making our present. Although the present phase of our life is most important, whatever we aspire or plan to do now… that always has an influence of the thought or expectation of the future.

The bodily experiences, pleasures and pains, knowledge of the surroundings, or the activities of the people around –– fall in the periphery of the present. The domain of mental activities is far wider. It embraces vision of the future too in its folds. What it wants to acquire in the future triggers its aspirations or ambitions today. This is what dominates its thinking and hence the activities of the present… Noting the fact that the activities of the present shape the future, we may thus say that it is our imagination, aspiration, or planning for the future that makes the most course of our life. Man is therefore regarded as the architect of his own destiny.

Ability to cultivate an attitude as per the new circumstances to make the best use of one's potentials is also a sign of wisdom. A grasshopper adjusts its body to bear and turn the seasonal changes in its favor – it becomes yellow like a dry leaf in the summer and appears fresh and green like a newborn leaf in the autumn. It is said that it adopts the color of what its sees around. Adversity or favorableness of the circumstances mostly depends upon how we look at them. It is our own attitude that makes all the difference. A little bout of hardship might make a coward one faint with fear, whereas the brave and courageous one would grow stronger with such challenges and struggles in life. It is said that the trend of our life is usually a shadow of our attitude. What one would become tomorrow largely depends upon what he aims, thinks (and hence) does today.

Focused thinking and balanced attitude give a creative direction to one's deeds in a given circumstance. Ability to envisage the future vis-à-vis one's potentials is as important as the appropriate use of the present opportunities. Formulating realistic and progressive goals, thorough planning for stepwise excelling in that direction and sincere endeavors in accordance – is described as the secret of success in every walk of life… Prudence and foresightedness together with piety of sentiments and aspirations are therefore most desired to ensure righteous and distinct accomplishments in life.

In general, anyone with average wisdom would be able to envisage the consequential circumstances in near future based on the analysis of the present vis-à-vis his knowledge and experience. Timely preparation before the change of seasons is an example of rather sundry inferences of this kind. Preparation for the exams, cultivation of the land before the spat of monsoon, sales and purchases as per the favorable trends of market, etc are examples of specific actions based on prior knowledge and vision of the near future. Specialization in a certain field of knowledge, skilled talents, or profession usually go hand-in-hand with the trenchancy, clarity of imagination, and reasoned decision making. An architecture's design of a monument, or an engineer's model of a sophisticated machine are well known examples of this fact.

Knowledge of the direction or likely consequences of a particular action or condition also helps correct decision making or planning for the future. The prescription of a medical expert or the manufacturing and sales planning of an efficient production manager illustrate this talent. Who can beat an experienced farmer or a gardener in deciding about the right time for plantation and irrigation as per the quality and type of the seed and the soil in different seasons? Vision and accumulated experience together account for such practical sense or expertise. Scientific researchers do not plan their innovative experiments out of a blue or a whim. It is mostly their analytical thinking, thorough knowledge, unperturbed industriousness, and above all their reasoned vision that leads to remarkable discoveries and inventions in general. The talents of writers, poets, and artists too would not be expressed without creative imaginations.

The natural quest of human mind to know the unknown is said to have evolved the abilities of inferring, imagining, and envisaging the future. This inquisitiveness has been the basis of the remarkable scientific developments. Elucidation of nature, accomplishments in the space missions, understanding of the complex body-functions, majestic use of the atomic and subatomic powers, etc, have been possible by the analytical thinking and piercing vision of brilliant minds in –– drawing the facts from the figures, extracting knowledge from the observations, visualizing the cause from the effects, conceptualizing etc.

Eagerness to know the future has given birth to astrology. Many people go the palmists, numerologists, and astrologers whenever they hear about an 'expert' of this sort. Computer aided formulation of horoscope and prediction of future is also quite popular these days. "How the positions and motions of planets affect the biomagnetism and hence the physical and mental conditions of a person?"; "How these effects are projected in the lines on the palm?"; "How do the radiation of crystals and gems influence one's psychology…?" It might require understanding and researching a difficult branch of mathematics and finding the

missing links in the lost volumes of the ancient science to resolve these riddles. But one thing is sure that one's faith in such predictions plays wonders on his psychology (and hence on the future course of his life).

Prediction of a bright future or an auspicious time ahead induces tremendous optimism in the believer and, depending upon his ambitions and zeal, he takes progressive, adventurous, or even risky decisions. Likelihood of adversities, danger, attack of diseases, etc generate contrary effects of varied intensities depending upon people's belief and mental strength. The believers usually go for anything to prevent or minimize the 'ill omen or hardships in the offing…'. At the root of development of astrology and related discipline of knowledge lies the curiosity of human mind to know the future. And the popularity of various methods of "fortune-foretelling" based on this knowledge blossom mainly because of this inquisitiveness, hidden fears and aspirations of the human mind linked with the uncertainty of the future.

The natural interest or eagerness of mind to peep into the future should not be let lost with emotional tides or agile daydreaming. It should be viewed a source of immense mental power that needs to be channelized wisely… The great thinkers, scientists, and visionaries of the world have set ample examples in human history to guide us towards righteous use of this inner strength which could enable us become the 'architects' of our own destiny.

It is the 'soil' of mind where the crop of future creations and accomplishments is 'cultivated'. The trenchancy of vision, creativity of imagination, acumen, and foresightedness account for the fertility of mind. Intellectual brilliance, maturity and wisdom too are judged with respect to these qualities.

Precognition and clairvoyance are reflections of spiritual refinement and evolutions of these potentials of human mind. The seed of these supernormal faculties exists in our minds too. We should inculcate righteous thinking and endeavor its further enlightenment every day to realize that the key to our unknown future lies in our own hands.

Horizons of Consciousness beyond the Sensory Functions

We all know, believe and experience the perceiving powers of our body and mind. Industriousness of the body and adept thinking of the mind are the most evident means of ascent. Science has recognized these amazing potentials and has accomplished excellent use of Natural resources with their help. Modern science has also deciphered the laws of nature pertaining to the physical (perceivable) existence of the universe. Its achievements on this (materialistic) front are truly remarkable. However, despite significant research on Human Psychology, it has not yet been able to elucidate the extrasensory domains of consciousness or hidden potentials of the human body and mind.

The body made up of flesh and bones and its components exist physically and therefore follow the laws of nature. As per the natural manifestation of consciousness in the perceivable world, the mind of an individual would also know, grasp and think according to what it has been taught and conditioned for… However, this is only a general, rather, minimal expression of the force of life. We do, though rarely, experience or come across with the instances that cannot be explained within the 'known' peripheries of the gross body or the mind. The evolution of human consciousness is not confined to intellectual trenchancy alone. When other organisms are endowed with what could be rightly described as "the power of extrasensory perceptions (ESP)", then why not the human beings?

One might doubt whether birds and animals do possess something like ESP? Is there something like that? Well, for this we will have to first see the difference between what is regarded as inert and what as alive. Is consciousness just an evolved state of the latent energy of matter? If yes, then organisms are nothing but movable stuffs of material substances. In that case, an animal would be simply a rock that can walk, eat and attack! However, the ability of constant evolution, the enormous varieties of complex structure function relations in the bodies of the same species, the unexplained adaptability of responses and reactions in the dynamic world and infinite diversity of expression and activities among the living beings have nullified such pseudo scientific hypotheses.

The advancement of biological sciences has made the difference between physics and biophysics quite apparent. Now the front line research in sciences is moving deeper towards understanding the "phenomenon" or the "process" of life. The existence of consciousness and the limitations of material based principles and devices to sense or measure its depths and expressions are being recognized scientifically. Well, then! If consciousness exists beyond the domains of materialistic existence of the world, why should the same laws of nature bind it? This is what justifies the existence of supernatural horizons of consciousness.

Scientific reports on the exceptional abilities of animals and birds – e.g. 'listen' without ears; 'see' through skin pores; 'sense' the tremors deep beneath the earth surface; etc – illustrate this fact that, living beings may possess the potentials that are extrasensory or supernormal in terms of the 'usual' experiences or 'known' principles.

Dr. I. S. Vekatschmily of the Georgia Science Academy had studied the behavior and abilities of a Caucasian Dog named Tswala and concluded that – "living beings are endowed with the power of consciousness that is independent of the sense organs and that can express its functions without the bodily sensors. What cannot be seen by the eyes, or heard by the ears, for instance, can be 'seen' and 'heard' through this ESP".

Almost every house in Georgia (Russia) is familiar with the stories of Tswala. This Dog was so loyal and duty-bond that people used to give his examples to their servants. Tswala used to take the cows and sheep in his master's farmhouse for grazing. All alone, he was able to efficiently manage controlling and protecting this huge group of cattle. The area around the farmhouse was quite dangerous because of leopards. The latter used to attack for the sheep and goats. Somehow Twasala seemed to 'know' about their attack beforehand as he would change the routes accordingly well in advance. He was always alert and could also face the violent animals intrepidly. He had never failed in either killing or routing the attacker(s).

Once Tswala's services were required at another farm. The master asked him to go there but this pet was reluctant. He was bound by the affection of his master and his duties here. However, he was sent in a closed van to the new farm hundreds of miles away. Tswala stopped eating there. He even refused to drink water and kept crying… The next day he ran away from this place and returned back to Tiblisi – to his master. Though, he was sent in a closed van and had never seen the route, he could come back to in minimal time without mistake under the 'guidance' of his inner sight.

When Dr. Vekatschmily heard about this incident, he went to examine Tswala. To see what was so special in this dog? Later on he also conducted experiments on some other animals and found that they do possess an extrasensory 'eye' that helps them work even without using their biological eyes or other sense organs. He kept a cat in his house to verify this possibility. This pet was called Lyubes.

Lyobes was supplied food at regular hours. The experiment began after two days. Her food used to be kept in a corner in one of the rooms in the doctor's house and the cat would be left in some other room with a cloth strip tied on her eyes. Initially Lyubes had difficulty in walking blindly but soon she developed

the sense of smelling the food and got used to finding it without any problem even if the timings and locations were changed randomly. Surprisingly, if she were given some non-eatables (e.g. stones) with the flavor of her favorite dish, she would not go near it! Moreover, even with closed eyes she was able to make a safe way to the food in spite of ever-new hurdles placed on her way. This was a rare observation as normally cats are not so sensitive to the smell of things as dogs are.

Dr. Vekatschmily had conducted similar experiments on a dog, named "Zilda". With his eyes closed by a cloth strip, Zilda would be left to move freely in the laboratory. His ability to recognize varieties of sound and variations in sonic vibrations were examined here rather then his sense of smell. This too was a rare finding, as the dog showed exceptional efficiencies in this new experience. A large number of experiments and experiences of other researchers have reaffirmed Dr. Vekatschmily's conclusions.

Ample examples can be found in the human society too that illustrate that the specific structure or functional ability of the sense organs does not bound the power of consciousness. Rather, it is this immanent source that empowers every activity, every faculty of a human being. It can naturally compensate or substitute for the inability or deficiency of one sense organ by evolving new faculties or generating extra sensitivity in the other organs. Perfect recognition of objects and persons by blind people with the help of mere touch, smell, or sound – is a well-known example of this potential. Lames are often found to have stronger arms than others do. They can walk so well with the help of the clutches because of the perfect support and balance of their hands. This also becomes possible because of the aroused power of their consciousness – expressed in their mental strength and strives. The born deaf and mute fellows are exceptionally good in reading or sensing other's face expressions. Often, their sensitivity to taste and smell is also found quite significant.

The precognitive potentials hidden in each one of us could also arouse and advance extraordinarily if the force of consciousness is restrained from agility and dissipation in the 'pleasures' of the sense organs and untoward passions of mind and is focused introvert. Some people seemed to inherit ESP, clairvoyance, or precognitive faculties since past births… Some even make creative use of these gifted powers and install a mark on the history.

Many a times the precognitive powers of human beings are found to be ahead of sensitive and sophisticated instruments in enabling prediction of natural calamities well in advance. In 1976, an American magazine "Denver" had published a reader's claim that on certain date in August 1977 the city of San Francisco and the western coast will experience a tremor of high seismic

intensity. Till date, there is no machine or sensory device, which could make a correct forecast of an earthquake one-year ahead. People ignored this 'whimsical' claim. But the devastating tremor experienced by this city on the 13th August 1977 indeed proved his prediction.

In November 1974, Dr. David M. Steward had made an unusual announcement on the California Radio that based on the supernatural signals received by his mind, he wants to issue a warning that – on the fourth Thursday of this month, the California coast will vibrate because of a sever earthquake. However, there will be no loss of lives. The fourth Thursday fell on 28th November that year. The evening bulletin of the California Radio broke the news of a strong tremor in the coastal region of Hellistor (in central California) at around 3pm that day. Fortunately, as also was asserted by the foreteller, no casualties of life were reported.

Birds and animals are found to have significant power to sense the outbreak of natural calamities much before the doomed day. Renowned meteorologist, Dr. Lagen of America has been extensively working on the manifestation of such premonitions in animal behavior. He feels that by studying the peculiar behavior of certain animals and birds in a given region, we might be able to infer about tremors and landslides, etc, well in advance and thus prevent or reduce the casualties to a great extent.

Research on the above lines is also given importance in the countries like Japan and China, which are prone to earthquakes (experiencing about 5 to 6 tremors every year on an average). The meteorology department of China has prepared a chart summarizing extensive studies on animal behavior. It shows which birds and animals change their usual activities by pre-sensing the vibrations beneath the earth's surface; what are these changes is also illustrated in this chart. For example, the domestic animals like cows, buffaloes, sheep, horses, asses, start running away from the place which is going to experience a tremor in few days. Once in a while one or two of these cattle might attempt to be freed and run forcefully. But, when most of them do so collectively, it is supposed to be a sign of an earthquake in near future. Rats and snakes feel the vibrations in the earth much before and leave their safety holes in panic. Pigeons are seen making frantic fly instead of resting in their nests in the evenings before such calamities. Driven by exceptional fear, some fishes risk their lives and start floating on the surface… Rabbits keep jumping restlessly with straightened ears.

Some researchers in Japan have also noted similar observations in the unusual behavior of these birds and animals. The findings of the American, Italian and African scientists support these views. They argue that the change in the electromagnetic forces before a tremor is reflected in variations in the

surrounding atmosphere. The pressure between the earth's surface and the ionosphere increases on such occasions. Though the extent and intensity of such variations is quite subtle several days before, these are captured by the ultra sensitive 'receptors' in the brains of some birds and animals.

The sense organs of the human body are unable to catch subtle fluctuations in the surroundings. Therefore, people endowed with the power to recognize the subliminal signals or variations are said to possess ESP. Nature has bestowed this power on the tiny organisms that are deprived of intelligence and many other faculties as compared to man. It thus seems to have balanced the distribution of the natural powers of consciousness. This way, perhaps it has also warned us not to boast about our superiority in the animal kingdom. Whatever be the case, these facts do evince the limitless potentials of the conscious force of life and imply its existence beyond the grasp of the sensory and intellectual faculties…

Keep Your Mind Open – Know The Unknown

As we learn more, the knowledge acquired by our intellect appears to be more incomplete. Neither is our reasoning perfect to know the absolute truth. In fact what we regard as universal fact is also not so; we may regard its truth as only relative or partial. A lot remains unknown and transcendental… The contradictions in the system of Nature and in the observed facts of life too at times pose riddles that can't be resolved or explained even by the erudite and trenchant brains.

Many a times we see the honest and able ones suffer while the less deserving or dishonest ones enjoy brilliant success in different walks of life. Those who work for others receive scorn and negligence, while the arrogant, cruel or opportunist fellows gain consistent cooperation and support. And such experiences are not exceptional! This often puts a question mark on the ethical values or puzzles people's mind about what is the righteous way indeed?

It is not rare to see or experience that despite dedicated endeavors one faces successive failures and some others attain success despite having lesser or equivalent talents and despite following the similar approach in common circumstances. Many bright and diligent fellows are seen trapped in frustration because of such 'unjustified' and 'unexpected' results. One even tries to find his mistake and improve upon but finds no answers. Why should a more able one suffer while someone else might accomplish newer heights without deserving it? All this is found to happen even in a corruption free and fair system! Accidents or natural calamities may sometimes wipe out all the efforts in spite of taking necessary precautions… When scientific reasoning or teachings of the savants also find no explanations, such experiences and facts of life are attributed to fate…

If one is born with a silver spoon in hand or gets enormous property from the ancestors by their legacy, what is his effort or talent in it? Which potential or endeavor is to be admired in case of winning of a lottery? Established, experienced and prudent businessmen are seen being bankrupted in a single stroke of equity-market fluctuation, while at the same time, some others might multiply their wealth by millions? Then who among them is to be regarded as a fool or a master in his business?

A single spat of flood washes away one farmer's source of life while the same river bestows the boon of water and fertile soil on the others or may be, even on the same farmer another year? What is the difference in his qualifications,

experience, or industriousness in the two cases? Who or what is to be blamed or thanked for such events? Are these examples mere coincidences or exceptions? But the frequency of such instances in different walks of life justifies none. Our reasoned wisdom too finds no explanation or answer to these 'familiar queries' in general. Then which 'law of nature' governs these controversies and how?

Mahatma Anand Swami has described such an inexplicable, rather unbelievable incident in his book "Eka Hi Rasta". It was a warm afternoon of summer in 1946. A village in the Munger district of Bihar (India) had been experiencing light tremors for a second or so since past couple of days. However, because of the meek intensity and negligible duration of the temblors, people paid no attention. No precautionary measures were taken. But that afternoon was chaotic! People were taking a nap after lunch or chitchatting inside their houses in a relaxed mood when suddenly a severe earthquake shook the entire village. All buildings, houses, shops, collapsed in a matter of one to two minutes; the town was soon turned into a graveyard. It took over fifteen days to clear the debris. The heap of dead bodies continued to rise day-after-day.

After about two weeks, when the cleaning operation was still going on, at one place, the rescue operators heard a fable voice from beneath the debris of a house. They were stunned! Who could survive the suffocation of being buried for nearly a fortnight? They dug out the wreckage cautiously and rapidly cleared that place. Within half-an-hour, they saw a middle-aged man lying there, surrounded by banana skins. He was clinically conscious, though very weak. He was able to narrate his miraculous experience after a day's treatment and rest in the nearby hospital.

This man was a fruit seller and was standing in the compound of a house with his basket of fruits on his head when that house trembled…. Within a moment its roof fell down. The vendor somehow escaped being hurt but was caught beneath the debris. The cane basket was inverted in such a way that even most of the bananas and other fruits kept in it were left protected. Suddenly another tremor shook the land; this had made a hole through the mould of soil and stones above his body. It was like a canal for sunlight and air supply! By now the floor of this building had also cracked and its water pipe was burst. This had filled the ditch near this fellow with water.

He felt as though God has arranged for the air, water, sunlight and the food (of fruits) for him and wants to sustain his life for some more time. This feeling also sparked a stream of hope in him and encouraged his zeal. He kept remembering thy power and mercy. He informed the rescuers that it was only a day before that all his stock of water and fruits got over. But then, in his words – "God came in the form of human saviors like you to rescue me from the hell…" He kept

crying and thanking the Almighty while describing his unimaginable experience of the 'closed encounter' with death…

No doubt the miracles of the above kinds occur far too rarely. But they can't be neglected. After all they are as real as any other incident. They should also have some causal basis according to the universal laws of science? And these causes and consequences should also be studied.

It is true that cultivation of virtuous talents, scientific attitude, unperturbed zeal, perseverance, and dedicated strives should be given utmost importance in human life – in order to make its optimal use worth its glory. But it may not be forgotten that fate also has its role to play – may not be so significant, but not negligible either. In view of the ample number of live examples and 'controversies' or 'inexplicable' experiences in the orderly system of Nature, some scholars scale the influence of the factor-of- fortune as about 30% on an average…

It should be noted here that we are not lowering the necessity of industriousness, talents and sincere attempts, neither are we supporting any superstition, blind faith, idleness, injustice or exploitation in the name of fate or destiny. Rather, we simply want to emphasize the need for scientific investigations into the role of fate as part of studying the latent links of consciousness beyond the barriers of time and space. These subliminal connections and immanent impressions on hidden mind might account for 'destiny' beyond the logical explanation based on the known laws of Nature…

The sudden eruption of volcanoes, earthquakes, lightening, landslide may appear as supernatural phenomena or God's 'anger' to an illiterate of science. Although it is difficult to predict or prevent such natural calamities, these do have causal basis well within the laws of Nature. Even solar and lunar eclipses were thought as signs of ill omen or devil's attack etc in the medieval era of ignorance. However, as we all know, scientific knowledge and awareness have largely wiped out such misconceptions today. The scientific discoveries and technological developments of today may appear magical to someone living in remote tribal conditions. From rail, airplane, radio, etc, to television, spacecraft, nuclear weapons, computers, robots, etc, the scientific advancements have made the world a wonderland or an alien planet for the people of the first centuries. But, as we know, there is nothing like a magic or mystery in these achievements. These are the consequences of scientific decipheration of Nature, inquisitiveness, unperturbed perseverance, collective hard work and sagacity of intelligent minds. Every development of science has a well-defined theory and principles that make the corresponding technological products.

In fact there is nothing to be attributed as a 'magic' in this world. Efficient use of light effects and ability to make movements quicker than the grasp of alert eyes and minds is found to work behind most of the magic-shows. Hypnotism too makes such unbelievable effects and experiences possible. The extrasensory potentials and exceptional acumen of spiritually enlightened personalities also appear to be astonishing or esoteric to many people. But these 'supernormal talents' are natural consequences of the aroused powers of the 'usually unknown' layers of mind and the vital force; and work well within the disciplines of Nature. Some of us may regard them as supramental and some as sheer fraud, depending upon our 'scientific thinking'. But in either case, our interpretations are wrong. In each case such affirmations imply our ignorance, lack of deep comprehension, or incomplete knowledge of the macrocosmic system of Nature and the limitless web of consciousness…

There is no place for arbitrary, casual, or vague events in the self-organizing, orderly system of Nature. Whatever we tend to regard as exceptional or as a random coincidence, also is a consequence of well-defined causes and occurs as per the 'plans' or 'orderly process' of this cosmic system. The major difference lies in the fact that we do not yet know these causes or are unable to see the hidden basis or 'logic' in it in terms of our understanding of the scientific foundation of the world and the existence of Nature.

The roots of life and expansion of Nature are not confined to what is known to the modern science so far. Even at the level of biological substances, the physics and biophysics of life is yet far from being completely known. The same is true of the mysteries of nature. The more we know it, the more appears to be unknown, hidden beneath its deeper domains. Then how to comment on the limitless expansion of consciousness? Its subliminal horizons expand well beyond the hidden folds of time. What kind of eternal causes and effects trigger the impulse of life is certainly more intractable – if not impossible, to decode than elucidating the functional genomics of a human being.

Expression of the accumulated effects and assimilation of the deeds, thought waves and emotional vibrations of the earlier lives is manifested in the yet inexplicable instances of 'random chance' or fate. We should keep our mind open and endeavor elucidating this hidden science too.

The Radio-Communication and Television of the Brain

Mr. Fornberg was an officer in the Ministry of Foreign Affairs of America. His wife Peggy was quite an emotional person. She was naturally upset after receiving the news of her father's demise and had to rush all alone to Fresno to attend his last rites. Mr. Fornberth could not accompany her because of some unavoidable official commitments. A day after when she was returning back to Los Angeles in her car she was so tired and in dismal mood that she slept while driving. His feet were kept on the accelerator in this subconscious state. The car began to run at a speed of 40 miles per hour!

Suddenly Peggy heard her father shouting – "Peg! Stop the car. What are doing? Stop the car I say…" She was awakened and shocked to see that her car was running near a dangerous turning. A moment's delay would have taken her to the dead-end of her life too. Her father was no more. Then how could she listen to his warning? That too, at the very instant when it was crucial?

Peggy kept thinking – how this could happen; from where did her father see her…? She also consulted some psychologists. They explained that she heard her father's voice in her own imaginations because she was constantly remembering him through heart. It sounds reasonable to accept the possibility that her subconscious mind was so deeply engaged in her father's memory that she experienced the illusion of his 'voice' as 'real'. Still, there is no answer to – why this happened right at that particular instant of time and saved her from the apparent risk of her life? She and her family members were not satisfied by the arguments of the psychologists. They regarded the incident as a clear demonstration of the existence of the individual consciousness and its mental domains even after the death of the physical body.

In specific conditions, the timeless impulses of the soul are experienced as telepathic communications. The near and dear ones seem to feel each other's inner feelings, even while being far away (in physical sense), via this subliminal linkage of their minds and hearts.

Two young girls Jane and Virginia were playing in their house in a posh area of Washington. There was no one else in the house that evening. The phone rang… Who that could be – the girls thought! To their surprise and shock, it was a call from the Civil Hospital. They were requested to come over and identify a boy, who was admitted in the emergency ward in a clinically unconscious state after an accident. This man had some phone numbers written in a slip of paper in his pocket, the list included their father's phone numbers too.

The girls were naturally tensed – fearing whether the victim is their relative? Suddenly both of them got worried about their brothers Fred and Jack, who were out of town. In such testing moments one recalls the near and dear ones and the Almighty through the inner depths of heart. Something similar had happened with these girls. They were extremely worried about their brothers and kept praying for their well being.

They reached the hospital and found that the injured person was a former servant in their father's farmhouse. They arranged for his medicines and informed his family members. They returned back in about two hours' time. They were feeling exhausted. The unprecedented tension had literally shook their mind. Few minutes later, the phone rang again! What a pleasant surprise! It was Fred. He was asking about whether something had gone wrong back home? Whether they were keeping all right, etc? He said that – "while I was riding the tractor couple of hours before, I heard as though you were calling me desperately in panic. Your voice appeared as though you were crying. It was so clearly heard as if you were standing near me, but I could not see you…! I rushed back to the farmhouse and have been trying to contact you both since then…."

The Radio Sets catch the broadcasts of specific frequencies – in a limited range, as per their tuning. What kind of transistor device is fit in the human body that enables transmission of Jane's emotions to Fred's heart or reception of Virginia's call in Jack's mind? How could the signals of inner sentimental waves be communicated to specific destination without any medium, transducer, or radar?

Jane had kept the phone back and was narrating Fred's amazing experience to her sister when the phone rang once again… This time Virginia lifted the receiver. Well this was none other than Jack! He too was eager to know about them and said – "Oh, Virginia! Thank God you are all right? How are Jane and everybody at home? A short while ago…, may be about two hours back, when I was flying my helicopter above Richmond, I felt as though you are in great trouble and calling me for help. I got so worried that I informed the control room of an emergency and turned my route towards Washington. I am calling right after landing here…" He too was startled when his sisters explained him what exactly had happened and that Fred also had heard Jane's panicked voice hundreds of miles away at the same time…!"

Neither the two girls nor their brothers, nor anyone else in their highly educated, elite contacts, has been able to decipher this unique experience.

Many 'esoteric' or 'exceptional' incidents of the above kinds have been reported in different parts of the world. Authenticity of the people concerned and evidential support in most of these implies that these cannot be ignored as

illusions, fictions, or frauds. These appear to express the enormous hidden capabilities of the human mind that are mentioned a great deal in the Indian scriptures on *yoga* and spirituality.

The *yoga shastras* describe the supernatural attainments (*siddhis*) like *Aṇimā*, *Laghimā*, *Mahimā*, *Garimā*, *Prāpti*, *Prakāmya*, *Vaśitva*, *Iśtatva*, etc. These *siddhis* endow one with divine potentials and talents. Supernormal experiences of the above kinds are quite normal or natural for the *siddha-yogis*. The attainment of *siddhis* by spiritual endeavors of *yoga-sadhanas* is based on the subliminal science of cosmic consciousness and its eternal linkage with the soul.

The Patanjali School of Yoga specifies several *siddhis* that can be acquired (or aroused in the mind) by the purity and serene concentration of mind. These include – knowledge of the earlier lives, ability to know the whereabouts and activities of a distant person; vision of the hidden objects; reading other's mind etc. The scripture on "Yoga Vasishtha" characterizes the essential basis of these *siddhis* as ––

Tasmādye Vedyavettāro Ye Vā Dharma Paramśritaḥ |
Ātivāhikā Lokamiste Prāpnuvantīha Netare ||
-Yoga Va. 3 | 54 | 1

Ātivāhikatāṁ Yātaṁ Buddhaṁ Cittāntarairmanaḥ |
Sargajanmāntaragataiḥ Siddhaimilati Netarat ||
-Yoga Va. 3|22|10

Ādhibhautika Dehoayamiti Yasya Matibhramaḥ |
Tasyāsāvaṇurandhraṇo Gantum Śaknoti Nānagha ||
-Yoga Va. 3|40|8

Meaning: Only those, who are endowed with true knowledge and have sincerely adopted religion in every aspect of life, can enter the subliminal realms of existence. The sages, whose minds have reached and enlightened the innermost core of sentiments, they alone can contact and grasp the 'messages' of the great souls that have realized ultimate *siddhis* and are residing in the divine world. Those who recognize themselves in terms of the physical body are ignorant, living in illusions. How could they (their gross mind) traverse through the subtle channels to timeless world beyond (the space…)?

Yatra Swasamkalpa Paraṁ Swadehena Na Labhyate |
Tatrānya Samkalpapuraṁ Dehoanyo Labhate Kathaṁ ||
-Yoga Va. 3|21|43

Meaning: While the gross physical body of a person can't even enter his own inner world (of thoughts, sentiments and intrinsic faith), how could it ever experience the mental world or inner thoughts and emotions of the others?

The rare experiences of precognition and telepathy give us the glimpse of the immense power of the inner faculties of mind. And endorse the possibilities that the subliminal potentials of human mind are infinitely more powerful than those of the gross – manifested in the physical body and common intellectual transactions. It is interesting to note that people of the western world have been more keen on recording, reporting and studying such experiences as compared to the Indians, whose ancestors – the *rishis* had realized, developed and propagated the absolute knowledge of the supernormal powers of human mind.

Ruth Montgomery writes about her 'psychic friends' in the fifth chapter of her book entitled "In Search for the Truth". She has cited several true incidents of psychic communication in this chapter. At one place she describes ––

"The Ambassador of Turkey, Mr. Bullard Usakaligil used to live near our house. In 1938 he went on an official tour to Rumania. There he received the news of his brother's illness. He caught a train the same night to reach home and meet his ailing brother. The train was running in speed and he was fast asleep around midnight. Suddenly someone opened the door of his compartment and touched his hands. The strange visitor then looked at his watch and said – "Now I am leaving you all, I just came to say my last hello to you…"

"Mr. Bullard was awake by now, he switched on the lights but found nobody in the cabin. He looked at the watch, it was few minutes to 5am. "So my brother came and met him in the dream!" – he thought. The visitor's words were still echoing in his memory. He was feeling quite uneasy after this dream. He somehow felt that he might not meet his brother again. He reached home in the evening with heavy heart. There he learnt that his brother had died around 5am in the morning…! This was indeed the time when the latter (the departed soul!) had met Bullard in the train!".

Mr. Johnson, former American foreign executive in Czechoslovakia and Thailand was later on deputed as the ambassador of his country in Japan. His family also went with him. His wife U. Alexis learnt Japanese language. They were all enjoying their stay in this oriental country. But, in the wake of the Second World

War, this lady was sent away from Muckeden along with their children. Mr. Johnson stayed back as he had not received any official orders to leave the embassy. On 7th December 1941, the Japanese bombarded Pearl Harbor and the army arrested Mr. Johnson. In the mean time, his wife and children had reached their new house in Laguna Beach in California. She used to all the time worry about her husband. On the 7th March 1942, her neighbor found that her (the neighbor's) radio can clearly receive some Asian broadcasts. She informed Mrs. Johnson and invited her to listen to the Japanese news bulletins whenever she so desires. Though, Mrs. Johnson agreed to try it, she somehow did not feel like disturbing her friend. Three months passed but she did not attempt listening to any such broadcast.

On 8th June, she felt unprecedented restlessness since the early afternoon. She felt as if her husband is calling her. At 9:50pm, she just knocked the neighbor's door and requested them to tune their radio to some Japanese or Asian broadcast. Incidentally, their radio-set could catch the Muckeden radio station in five minutes. Some Japanese officer was speaking from there in English. He announced – "Now you will listen to the American Ambassador, Mr. S. Johnson". Moments after, it was Mr. Johnson's voice – conveying the long awaited message to his countrymen, to his family! He said – "Some prisoners – of – war will be exchanged from either side. I am hopeful to be freed soon. Whosoever is listening to me, kindly arrange to inform my wife that I am all right here…". Little did he know that some invisible power had already called his wife to hear him live!

What is the reason or basis of such psychic experiences or premonitions? How do they take place and why? It has been found that in most cases, people experience such incidents in the moments of grave trouble, or tension, or worries about their beloved ones; for examples during the war times. While facing hardship, or struggling in a lone-battle, one often remembers and calls for the dear ones through heart. People on the other end too, because of their serious concern, keep thinking of the former – who is on the battle front, or is likely to be in trouble being far away…, all alone…. The power of their souls at such instances charges the inner impulses of the two minds... This is how the sentimental linkage and hence the mental communication or precognitive experience become possible in the omnipresent 'medium' of consciousness.

The day science would be able to catch the subliminal waves of sentiments and inner inspirations, it might become possible to analyze and control the supernormal experiences in the laboratory of brain research. However, as the science of *yoga* teaches us, our own body and mind – if refined and disciplined, are the best laboratories for realization and decipheration of the ultimate knowledge. Whether we learn and succeed in these experiments or not, the most

important point we ought to understand is that our life is not confined to the body alone. We, our conscious being, our mind, our inner self, indeed has an independent existence that can be actively linked with the cosmic consciousness and subliminal realms of eternity.

Scientific Investigations on Supernormal Faculties

Human being is said to be the most evolved manifestation of the supreme consciousness in Nature. The structure, function and physical potentials of his body are indeed marvelous as compared to those of any other creature. His wonderful brain and intellect have made him distinct from the other members of the animal kingdom. Most remarkable is the majestic treasure of sentimental and spiritual powers hidden in his inner self that reflect his origin in the divine realms of eternal consciousness.

The triumph of man over Nature and the culmination of scientific and technological progress in every walk of worldly life evince the superior expression of consciousness in human beings. His excellent contributions in literature and art also illustrate the amazing creativity of his mental domains.

The annals of the history of the *Vedik* Age endorse the divine origin of human self. The super conscious faculties of the inner mind were indeed expressed in most enlightened form in the *rishis* – the great *yogis* and sages of that era. Their mental, intellectual and physical potentials too were evolved like that of a super being.

The later ages witnessed different folds of time with gradually changing attitude and inclinations… Materialistic progress of life coupled with extrovert interests and negligence of the rather deeper and difficult branch of knowledge – pertaining to the subliminal powers of consciousness, had led to the successive suppression of supernormal faculties of people in want of the ascetic disciplines and spiritual endeavors. This had resulted in propagation of the science of spirituality as 'esoteric' on the one hand, and as 'illusions' on the other.

With these changing trends, one class of people especially from the so-called 'religious' or ritualistic front generally encouraged arbitrary or opportunistic interpretation of the ancient scriptures and began exploiting the blind faith of people in the name of *yoga* and spirituality. The other class – largely consisting of the 'scientific minded', 'educated' and the 'civilized ones', discarded the ancient knowledge and practices of *yoga* and spirituality as unscientific and baseless. For them, what was approved by intellectual trenchancy based on modern scientific theories and experiments, was the only definition of truth.

However, with culmination of scientific progress in the materialistic existence of the world, its reach into the subtler layers of subatomic particles, and realization of the limitless expansion of the cosmos, has changed the dimensions of research as well. Rise in psychosomatic and social problems have triggered the necessity of rethinking on the role of mental and inner world of life. These together with

the difficulties observed in decipheration of the complex functions of the brain and the unconscious mind have attracted the attention of many researchers towards the power of consciousness and hidden potentials of mind. This has sprouted research on the scientific basis of the extrasensory faculties of mind in rather systematic way.

Although several reports on live examples of the expressions of supernatural potentials came into light since the 19th century and most of these were also verified by authentic personalities. The studies by psychologists and parapsychologists were largely confined to speculative generalizations of the observed or reported incidents. A more scientific approach has been adopted in some recent experiments conducted in collaboration with physicists and life scientists. Series of such experiments were conducted by eminent scientific research groups under the leadership of Dr. Herald Purgove and Dr. Russell Targ of the USA. The idea of their research was to carry out planned experiments and testing in well-equipped laboratories under different conditions on persons who have expressed or experienced possession of extrasensory powers.

Their research came into light with experiments on renowned writer and Nobel Laureate, Mr. Richard Bach. One day while Bach was taking a stroll on a beach he heard someone repeatedly calling him by the name "Jonathan Livingston Seagull". The voice was quite clear. Richard Bach did not know anyone by this name, neither did any one ever called him by this strange name. He thought it to be a case of mistaken identity. He looked around. There was nobody in that solitude! Then who called him? He somehow felt as though the call has hypnotized him. He returned back and started writing in that subconscious state. He continued writing and completed a novel of over 400 pages that night! Amazing! He had not written even a short story or a poem before that.

Bach claimed that he had written the above novel under some parapsychological influence or arousal of some extrasensory power… The book was published with this assertion and acknowledgement in the preface. It was indeed an excellent contribution to English Literature. Because of his unique experience, the 'author' Richard Bach was interviewed by a popular American Magazine called "Psychic". Dr. Targ was curious to investigate on Bach's supernormal experience after reading about the truly rare incident associated with the birth of his novel. He and Dr. Purgove had examined several cases of extrasensory perceptions earlier and had also conducted some new experiments in their lab in this regard. Their first experiment was carried out on 29th May 1973 on a celebrity artist Ingo Swan.

It was heard about Ingo that he could see across miles with closed eyes… The scientist duo invited him for experiments on his clairvoyance. He was locked inside a laboratory. Only a chair, a table, an audio-video recorder, a pen and some plain papers were left inside with him. Ingo's eyes were covered by black strip of thick cloth. He did not know where he was and had no idea of what the scientists had planned in the experiment. The tape recorder in the lab was switched on as soon as this fellow entered there. There was no one around. The windows too were locked and curtained. The tape began shooting him with unprecedented queries (from the prior record). The first question was – "Mr. So and so, who is Dr. Targ's friend, is at a point at such an such altitude on such and such axis. What is he doing there at this time? We do not know in which country he is and how is he. You please see him and find out in which part of the world he is right now. Which city, or town, or, ….?

Ingo focused his mind and began describing whatever he was able to see… His answers were being recorded by the audio tape recorder. He also made the line diagrams (map) of what he was seeing with closed eyes… His actions were being clicked by the video camera. When the said friend of Targ returned after several weeks, he was presented the audio-visual recordings of Ingo's replies. Great! The friend approved that the information given by Ingo was indeed corrected. Even the minute details of the direction and distances drawn by him the map were also a perfect match to those in the navigation map available in this friend's head office.

This was just the beginning… They conducted some more experiments on Mr. Ingo under different situations... The results were always positive. The same was true for several other experiments on different subjects. These startling findings had convinced Dr. Purgove and Targ and many other researchers about the scientific validity of supernatural faculties. Their results were published in scientific journals and also in some leading magazines. This duo received dozens of calls from different parts of the globe. Many people volunteered to demonstrate their extrasensory potentials and to be the subjects for their scientific experiments. It was difficult for them to entertain all such demands. Selection was made based on the greater level of authenticity of these candidates. Also, due care was taken to have a good representation of different age groups, modes of living and intellectual levels, etc in the selected sample.

Patrick H. Prince, who had been the deputy mayor of the city of Barbank and was also a former police officer, was among the selected ones. He had presented evidential proofs of using his clairvoyance to trace the criminals when he was in the police department. Dr. Targ and Purgove had conducted as many as nine experiments on this particular candidate. The queries were made mostly over phone by different groups of scientists; each group had also recorded the

answers (information) given by Patrick and had made independent analysis. He had correctly recognized nine different randomly selected spots at the distances ranging from 2 to 9 kilometers. Interestingly, the results and conclusions of all the teams of scientists agreed with those of Drs. Targ and Purgove and certified the extrasensory vision of Patrick.

Some other teams of researchers have also contributed in this field of scientific research on supernatural talents. Dr. Paul Guelldin of France is highly recognized among these. He has visited different parts of the world and experimented on ESP of vision, smell, taste, speech and touch far beyond the normal capacities of the corresponding sense organs or even in the absence of the latter. His results scientifically established that human brain is endowed with a sixth sense. The supernatural powers of consciousness expresses itself through these subliminal centers of parapsychic experiences. If activated, this hidden power of mind alone could bestow all the knowledge that perhaps would not be possible even by most efficient use of the five sense organs and intellectual faculties collectively. Arousal of exceptional talents is a natural consequence of this sublime stimulation.

The American Association for Advancement of Science had recognized Parapsychology as a discipline of science. This is a vast field of knowledge, incorporating neuroscience, psychology and different faculties of emotional and parapsychological intelligence (PSI). Clairvoyance, telepathy, and precognition are the major focus of research on PSI and its relation with supernatural consciousness.

The studies on PSI and ESP – or supernormal powers of human self have opened up the channels for deeper and wider scientific research on other disciplines of spirituality too. Let us hope this would rediscover the ancient science of spirituality in is original form and help revival of the divine era of spiritual enlightenment of mankind.

Expressions of Hidden Talents

The clustering of thick clouds conveys the arrival of rains. The atmosphere wears a peculiar silence before the blow of a storm. Specific behavior of some birds and animals indicates sensing the eruptions of a volcano or a tremor well in advance.

Not only the natural phenomena but every event, every activity, every movement in this universe is well set a priory in every instant of time. The cosmic blueprint of the flow of time – and hence of every thing existing in it, is immanent in the subliminal world. For example, a particular activity or process driven by the brain under the control of mind exists subliminally in the thought waves or sentimental core before it is expressed or perceived in 'reality'. If we could read one's face expressions or thoughts, we may predict his behavior, actions, or reactions the next moment (or in immediate future). If our inner mind is kept alert and focused to catch the subliminal vibrations in the limitless expansion of consciousness, we might have precognition of the future events.

As we had seen earlier, dedicated efforts of refinement and illumination of the internal and external domains of personality could arouse the power of precognition. The success of *yoga-sādhanās* also depends upon the purity of mind and sincerity of endeavors. This leads to sublime transmutation of the individual consciousness and arousal of its hidden supernormal powers – including precognition. Some people are found to be born visionaries, in some others, this power is expressed all of a sudden as a result of the arousal of the intrinsic assimilation of their elevated spirituality in the past lives… We have discussed live examples of this kind in the earlier sections. The following add to the list that had attracted the special attention of the media too.

A little girl Kessy Denial Holmes became popular since childhood! She lived in Sheffield. Once she went with her parents to spend holidays in Yormuth. She inadvertently continued describing the route ahead; she even mentioned about all the mountains, rivers, the beautiful scenes etc, with exact location and names of these spots. Her parents were taken by great surprise, as this girl had never traveled along this route before! On the death-anniversary of her grand father, Kessy went with her family to pay homage to his graveyard at their native place. She was only two years old at that time. Suddenly she said – Oh! My friend David is also lying in eternal peace here. Her relatives inquired and found that a young boy named David was buried in the neighborhood of Kessy's grand father's grave. He had died about 3 years ago.

Some children, who were orphaned during the Vietnam War, were to be brought to America in April 1975. Kessy was watching this news the on the TV with her family at home. She screamed – "all these children will die soon in an accident".

Indeed, two days later, the airplane bringing those children from Vietnamese Capital crashed on the way. Unfortunately, all the children died on the spot. Kessy's premonitions have been tested on several occasions. Her predictions have always been true.

Sam Bayonne of England also had exceptional power of 'viewing' the future events since childhood. While playing in his compound one evening, he suddenly started crying. He was seven years that time. His mother came running to see whether he was injured or so… But the weeping Sam said, "there will be a tram accident. Dad will be seriously injured..". His mother scolded him for this poppycock. However, the next day itself, his father was admitted to the hospital as he suffered multiple injuries in a tram accident. Many a times Sam used to tell things all of a sudden and these used to come true in near future. For example, when his neighbor's house was being painted, the painters used to come for work in the morning. One of these days, when the painters came to continue their work Sam peeped from his house and pointed out at one of these workers and said – "this is the last day of this fellow's life". None of them paid any attention to the child's comments. In the afternoon, the same professional and experienced painter fell down from the ladder while coloring the roof and died of an internal head-injury within few minutes!

Prof. William Tenhove, Chairman of the Parapsychology Division of the U. Red University, Netherlands, is renowned for his precognitive intelligence and clairvoyance. Several scientific experiments have confirmed his supernormal power of knowing the yet unknown secrets or distant phenomena. People from all over the world contact him to get the information about their future. He opines that the supernormal faculties of premonition, prophecy, etc are present in every one. We only need to arouse and activate these usually dormant or latent talents indwelling in the subliminal layers of our minds.

A young man named Emanuel of Sweden once felt that a city about 100 miles from his place is going to be trapped in uncontrollable fire tomorrow. This intrinsic message was so appealing that he even requested one of his journalist friends to arrange for telegraphic warning report to the concerned departments. But, the friend found no reason to believe his illusory impression… However, the fellow repented badly when the news of severe fire accident in the heart of that city broke the next evening. The fire (that blew in the early afternoon next day) had spread like a conflagration and took heavy toll in the major parts of the city. Emanuel often gets such premonitions. So much so that people say his mind rests in future. He only discloses the precognitive messages concerning social events or the accidents or natural calamities, etc that are likely to affect many people together. Indeed! He has been successful in preventing disastrous losses on several occasions…

Dorothy Elysian of New York has been in news quite sometimes in the past decades for her premonitive acumen. She used to help people and the police in finding lost things and resolving mysterious cases. When Charles Eagle went to see her for the first time, she asked him at once, without even letting him introduce himself, "Oh! You have come to know about your 18 years old daughter, who has been missing since…!". Eagle nodded his head in affirmation with mixed feelings of surprise and hope. Dorothy went into trance for few seconds then turned towards him and said –– "there is no need to worry. The girl is safe. She is staying in a red colored house with her boy friend… She has gone there willingly. The house is numbered 106, 186 or 165. I have not been able to identify the location. I will tell you about it after some time".

During his next visit, Dorothy informed Charles that –– "The girl is in Manhattan. "I can see the map in my mind. I will take you to her…" They both went in Charles car to Manhattan. They reached a narrow lane at the outskirts as per Dorothy's direction. After taking a turn there, she asked him to stop the car in front of a read colored house, numbered 186. After a little search they found Charles's daughter in the basement. She confessed running away from the house with her boy friend because she wanted to marry him.

Sudha was hardly 11 years old at that time. She used to live in Brahmnam Colony in Bijnaur, UP (India). On 27th January 1948, she got up in the morning and said – "somebody has killed Bapu (Mahatma Gandhi) by a gun-shot". Her parents scolded her for this absurd talk. They did not want to hear such terrible news even in one's dreams. They warned her not to utter such unauspicious things in future… However, cruel destiny proved the girl's premonition true. Exactly 3 days later, on the 30th January 1948, the great Mahatma was assassinated in Delhi when he was going for the community prayer….

Volumes would be compiled if we collect the reported and verified precognitive experiences of people in different parts of the world. Each one of us gets a glimpse of premonition in one form or the other… The *ājňā cakra* (extrasensory center behind the pituitary and the pineal glands) is described in the *yoga* scriptures as the functional center of the precognitive faculties of mind including clairvoyance and absolute acumen. The Mahabharata describes of Sanjaya watching the battlefield of Kurukshetra sitting thousands of miles away in Hastinapur… He used to make use of his supernormal vision to give a live commentary of the war to the blind King Dhratarashtra.

The scientific studies on extrasensory powers in humans and live demonstrations of the same in the laboratories of today suggest that the above description of Mahabharata is not imaginary or a rhetoric piece of poesy. The supernormal

faculties of the spiritual yogis since the time of yore have been standing as evidential and inspiring examples before mankind –– to remind people of the hidden potential in every brain. A Shloka of Yoga Tatva Upanishad offers instant guidance in this context ––

Yathā Vā Citta Sāmarthyaṁ, Jāyate Yogino Dhruvam |
Dūraśruti, Dūradṛaṣṭi, Aṇāda Dūragamastathā |
Vākasiddhiḥ Kāmarūpatva Mahaśyakaraṇā Tathā ||

Meaning: As the purity and strength of the mind elevates, the supernatural attainments of divine faculties of clairvoyance, precognition, telepathy, invincible willpower, absolute intelligence, and realization begin to crop up and expand freely.

A Repository of Supernatural Attainments

Human brain appears to be the most evolved and majestic creation in Nature. It plays the role of the 'engine' in the 'train' of the body. It is like a generator that supplies essential power to every component in the system of the body. Every component, from molecules to cells and organs, not only receive the vital force for active survival, but also the inspiration and constant guidance for proper functioning from this efficient and intelligent controller.

This 'crown organ' in the human body weighs little less than three pounds on an average in a developed stage. It has two interconnected halves in the shape of a chestnut (without a shell) – one half is called the cerebrum and the other as cerebellum. It is made up of nerve cells and appears to be filled by dusky gray jelly-like substance in the core. If we look at it (inside the skull) through a microscope, it would look like pinkish brown bunch of cells of random shapes – closely packed in the narrow pocket of the skull.

This 'super computer' of astonishing informational and computational processing with remarkable parallel and associative memory has a marvelous networking of over ten billions inter connected neurons (nerve cells). Each neuron is a complete bio-electrical processor in itself. Each is actively connected with about hundred thousands other neurons. The auto-regulation of all biological, physiological and bio-electrical processes in the body is processed by this network. All the sensory and motor functions too become possible through this gigantic multi-processor. The brain solely governs respiration, heart beating, blood flow, metabolism, etc. The evolved faculties of the sense organs and intellectual talents become functional because of this wonderful system. Its adaptive communication links are wider and quicker than the world-wide-web. It is like a twenty-four hours on-line telephone exchange with infinite channels. Simply Astounding!

A developed brain normally functions with about twenty watt (bio)electricity. Some of its constituents remain engaged in generating this power – mainly by oxidizing glucose with the help of ATPase. The energy so produced is consumed for the essential and the ongoing processes. The excess amount, if any is dissipated through other complementary reactions. This charging-discharging of the brain varies with the bodily and mental functions… Electro Encephalogram (EEG) indicates the variation in the (bio)electrical potentials and patterns of consumption of this power…. Mental disturbance or disorders are found to significantly affect these bioelectrical currents and brain-impulses.

The regulation of the bodily functions associated with hunger, thrust, digestion, sleep, excretion, etc is performed by a small portion, called hypothalamus in the

central brain. The back hemisphere of the cerebellum controls the (bio)electrical and physiological signal processing – between the multiple units of the neurons and the nervous system as a whole, of the millisecond to millisecond variation in the biochemical processing or cellular interactions for the infinitely many bodily functions.

The processing or reactions associated with the mental functions of thinking, memory, intellectual activities, analysis, pattern recognition, learning and aspiration etc, are performed by the highly evolved portions of the brain. The portion, called the cerebrum cortex looks like wrinkled layers of brain-substance folded in the frontal and lateral region of the cerebrum. This layered structure of about one millimeter average thickness is crucial in reception and transmission of the external and internal signals – including those from the sensory organs.

Although the anatomy of brain was deciphered earlier, it is only since the middle of the 19th century that brain-research could make a breakthrough in neurochemistry, neurophysiology and bioelectricity. Yet, a lot remains to be understood in neuroscience – specially with respect to endocrine chemistry and psychology etc….

The Indian Science of *yoga* and spirituality is said to have been derived from deeper decipheration of the human brain. Insight into the depths of human mind and its subliminal core in the inner self forms the basis of this ancient science… Reinvestigation into the Shastrik Literature has therefore been a center of attraction for some pioneering brain researchers. A recent book entitled "Vedika Guides Vs Figures of Biology" is quite well received by them. The scholarly author, Prof. V.G. Rele from Bombay, writes at one place that the divine powers that control the Nature – namely, *āditya*, *varūṇa*, *agni*, *marūta*, *mitra aśvina*, *rudra*, etc, as described in the Vedas, are subliminally present in the inner cores of the brain. Dr. Y. Nadgin of the Grant Medical College, Bombay and Dr. Edgar J. Thomas of England have jointly written the preface of this book. They express surprise over the depth of knowledge of the *rishis*. How these sages of yore could describe the structure and function of the body and the brain so adeptly in the pre-historic times without any instruments or scientific tools and references?

The Vedas describe that the *Vṛahat Mastiṣka* (outer brain) exists above the eyes and this is a center for expression of the immense power of conscious faculties… (This is what is now recognized as the cerebellum cortex). The divine powers of Gods *Indra* (the heavenly lord) and *Savitā* (the subtle, divine power manifested in the sun) are described to reside here. The central back hemisphere of the brain – located in the center straight from the nose to the mid-portion of the brain is referred in the Vedas as the *anumastiṣka* (the smaller or interior brain). This portion (the cerebellum in scientific terminology today) is defined to be the field

of activities of the divine powers of *Rudra* and *Puṣan*. The upper, middle and the lower portions of the brain are termed there as *Rodasi*, *Antarikśa* and *Pr̥athvī* respectively.

Rodasi is subliminally connected with the eternal flow of divine consciousness, the *antrikṣa* with the cosmos (cosmic mind) and *pr̥athvī* with the energies existing in the physical manifestation of Nature. The divine potentials identified as – *sapta dhāra*, *soma*, *agni*, *swargdwāra*, *atri*, *droṇa kalaśa* and *aświnī* – are expressed in the *Rodasi*. In terms of manifestations of the above-referred divine powers, *Agni* represents the consciousness, energy and illumination of the brain (and the mind). It is said to reside (subliminally) above the *swarga dwār*. Beneath the latter, lies the *droṇa kalaśa*, which is filled with *soma rasa*. This description and identification of the location of *rodasi* reveals that *soma rasa* is the source of the gray matter.

The location of the *Aświnī Kumārs* (*aświnī* duo), as described in the Vedas, corresponds to the two bundles of glands connected with the spinal fibers. The viscous fluid containing the source of energy for the neurons is what is called *Varuṇa* in the Vedika language. The temporal lobe existing in the posterior side of the brain is referred there as *Śankha Pāli*. The pineal gland and the medulla are respectively referred as the *pīyūṣa granthi* (gland of 'nectar') and the pit of *Aświmedha Yajňa*[11]. This simile also offers important guidelines that the control and refinement of the pineal gland is the key to restraining sensual passions and agility of mind and proper conditioning of the mind for the subliminal transmutation of its faculties.

The nature and domain of activity of the divine power of *Varūṇa* expanded in the outer brain is described in the Vedas as, for instance,

Varūṇasya Pāśā Vitatā Mahāntaḥ |

Meaning: The threads (tentacles) of the power of *Varūṇa* are spread every where in the periphery of the brain.

Yasyaśvetā Vicakśaṇa Tistro Bhūmiradhikśitaḥ,
Trirūttarāṇi Papratuḥ Varūṇasya Dhruvaṁ Sadaḥ Sa, Suptānābhi Rajjata ||

Meaning: The currents of the arcane secretions of Varuna flow in three different directions. That in the north direction conducts the functioning of three major centers of the neuronal system. Through the remaining two, the seven extrasensory centers of neuro-hormonal secretions are governed that regulate the activities of the body and the functioning of its conscious faculties.

Abhughne Rājā Varūṇo Vanasya Urdhwa Stūpam Dadate,
Pūta Rakśaḥ Nīnī Nāsthurū Pariwughna Ethām |
Asme Antarnihitāḥ Ketawāḥ Syuḥ ||

Meaning: 'King' *Varūṇa* emits its glow (energy) from the *antarikśa* to enlighten (and empower) the upper part of the body-tree. It also helps keeping the branches (components) of this tree together.

Varūṇa also is described to govern the sensory nerves in another *śloka*. Volumes of such descriptions available in the Vedas are deciphered in the scriptures of *yoga sādhanās*. As indicated there, the divine potentials of the brain could be stimulated by dedicated endeavors of spiritual refinement and illumination of the mental domain.

Comprehending the deep knowledge of the Vedas and Shastras may not be possible for every one. Nor could each one of us strive for higher level *sādhanās* without adopting the minimal ascetic disciplines and conditioning of our mind. Nevertheless, what we could do at the least is to make best use of the already aroused potentials of our conscious mind and restrain its power from getting drained or waned. Cultivation of positive thinking, righteous attitude, and concentration of mind on the work at hand – are essential for creative use of its potentials. Any attempt of elevation of specific talent, intellectual illumination, acquisition of knowledge, etc would fructify only after this initial training and refinement.

The unconscious or inner mind is more important and influential in shaping our psychology, internal tendencies and character. It is this core of mind that is awakened even when the conscious mind is fast asleep. The auto-regulation of the vital functions of the body – such as respiration, metabolism, blood flow, heart-beating etc, continue round the clock under its subtle control. These activities remain normal (healthy) even in an insane person whose conscious mind is totally out of order. The unconscious mind is expressed in the dreams experienced during sound sleep. It is this hidden mind that makes extrasensory experiences in dreams possible and may also set the connection of the individual consciousness with the cosmic consciousness. In the earlier chapters (of the Vangmaya Vol. No. 18) on dreams, we have discussed the existence, expansion and potentials of the unconscious mind – in the light of modern science and spirituality, together with live examples – including those of remarkable scientific discoveries and masterpiece creation of art and culture.

Refined mind and prudent wisdom are said to be the key to happiness, success and rise in different walks of life. Favorable circumstances, healthy affection and

co-operation of family and friends, education, financial independence, etc are generally supposed to be necessary and sufficient for making one's life happy and progressive… Most people strive for the same most of the time… That is fine! But, we should not forget the most essential fact, viz., mental peace and righteous thinking. No wealth, no achievement in the world could sustain the joy of life or its progressive ascent if one ignores the needs of –– keeping the mind away from the excessive excitement of lust, anger, ego, passions, etc, and cleaning the malice of the untoward thoughts, sentiments and animal instincts.

A lock opens smoothly by its original key. It will break if we hammer it in an attempt to open it without the right key. The aroused powers of enlightened mind are natural keys to success and bliss in human life. Our past is assimilated in the folds of its memory, our present and future too are under the subliminal control of our mind. We should therefore realize the importance of maintaining its vigor, trenchancy, creativity and peace. For this we will also have to pay attention to our unconscious mind and hence to our sentiments and intrinsic aspirations too.

We do engage significant amount of our time and efforts for the fitness, external beauty and charm of the body and also for varieties of worldly possessions and achievements. If we sincerely devote even a fraction of this energy and time for the refinement and strengthening of our mind, it would be a great beginning towards brighter success.

The amount of knowledge that is and can be stored in the human brain (mind) is so much that the knowledge or information available in world's largest library would be negligible in its comparison. No treasure of the world could be enriched like this astonishing organ in human beings. However, how and what use of it would someone make depends upon the evolution of his consciousness and the enlightened state of his inner self. At a gross level we may say that the optimal use of the enormous powers of the brain depends upon how balanced, focused and illuminated one's mind is.

Even the most evolved intellectual brain today hardly uses about 8% of its real potentials. Rest 92% remains dormant or unrecognized. Most of us remain unaware of this fact. The instances of exceptional sagacity, wisdom, acumen, perfect decision making, courage, foresight, etc achieved so far in the human society are indeed adorable. In view of such excellent talents demonstrated by otherwise ordinary human beings, it should not be difficult for us to imagine the supernormal faculties one could attain by arousing even half of the yet unused and hidden potentials of the brain and its subliminal counterpart – the mind. No wonder, the individual self could indeed be transmuted as a divine self, a manifestation of the omnipotent *thee*.

The Riddhis-Siddhis Endowed in the Inner Mind

The human body is said to be the tool for manifestation of all powers – including those attributed to be supernormal and divine. The soul residing in the inner self is a reflection of the cosmic consciousness of eternity. All virtuous talents and powers existing in a human being emanate from this core of *thy* force. However, these largely remain unexpressed in most of us. If we could endeavor the ascetic spiritual *sādhanās* and dedicated practices of *yoga* to arouse and activate these hidden powers, we would find – in our own self, the source of all that which is known as *riddhi-siddhi* and which is infinitely more blissful than what we keep searching outside all our life…

As discussed earlier, hidden inside our gross (physical) body, there lies the subtle body and the astral (or causal) body. The subtle body is like air; ghosts and *pitars* are said to exist in this form. The astral body is subliminal but limitless. It could reach the deepest depth of the cosmic consciousness. The soul resides in this core. Most often it is only the gross body of people that is active and thus expresses the sign of life. The subtle and the astral bodies remain dormant and ignored despite being more powerful and vital for the manifestation of life. All the good and bad effects of our deeds, thoughts, aspiration and overall conduct get assimilated as *samskāras* in the subtle body. These influence the intrinsic nature and mental tendencies in the future – continued up successive lives. Only the spiritually empowered environment and determination of enlightened inner self could affect the astral body.

The *yoga sādhanās* and associated spiritual endeavors focus at gradual refinement, strengthening, and harmonious activation of the three bodies and corresponding evolution of the individual consciousness indwelling in their core. The successively leads to the attainment of *siddhis* in the form of glorious and blissful success. The *siddhis* at the level of the gross body and its worldly affairs include – health, vigor, beauty, charm, physical talents, prosperity, cooperation, admiration, etc. Any one who takes austere and balanced diet and observes cleanliness, industriousness, restraining the loss of vital energy in sensual excitations, etc, and who also maintains mental peace and healthy psychology by adopting the art-of-living through *yoga* or equivalent practices in day-to-day life, could attain most of the above *siddhis* in the materialistic domains of life.

The intellectual talents and sagacity fall in the overlapping domains of the *siddhis* related with the subtle and the gross bodies. The higher level *siddhis* of the subtle body enable one do what the body (physical form)-less beings like *yakśa*,

gandharva, *pitars* etc, could. The supernormal faculties of clairvoyance, telepathy, prophesy, precognition, access to the mysterious world, control over other's body and mind, etc, belong to this category of *siddhis*. The subtle bodies of the morally elevated, saintly *siddhas* may offer essential help and timely guidance to other living beings.

The instances of sudden and secret support in crucial moments, accidental help from the unknown and invisible mentors, etc – as also reported in the lives of many great personalities, illustrate the role of these kinds of heavenly ancestors and well-wishers, or the *siddha yogis*. The horrifying acts of invisible attacks, mysterious terrors from strange beings, etc, on the contrary would correspond to the misuse of the aroused power of the subtle body attempted by some evil-minded *trāntriks* and ghosts (body-less existence after death of a cruel mentality).

The *siddhis* associated with the spiritual refinement and sublime transmutation of the astral body are termed as *riddhis*. The first sign of success in this direction is – arousal of righteous intellect and divine sentiments inspired by the soul. The saints and yogis endowed with the *riddhis* also possess all the gracious *siddhis* of the subtle and the gross body. They not only could foresee but could also change the course of future events in favor of altruist endeavors, dignity of human values and divine grace. They could educe moral elevation and spiritual illumination of the masses as per the needs of time. Disregard of whether they reside in the physical body or in the subtle body, they constantly enjoy the ultimate state of beatitude. Their *riddhis* of the astral body also enable complete emancipation of their souls from all thraldoms and the cycles of life… and allow unification of their individual selves with the absolute, omnipresent, divine self.

Life after life, the subtle and the astral bodies associated with the individual self strive for evolution inside the gross body. This is what educes the zeal, the aspirations for ascent, empowerment and continuous success in every human being. Those who possess the piety of mind to listen to this eternal call of the inner self, endeavor excelling in every dimension of life… Those who succeed in attaining the *siddhis* of the gross and the mental body are eventually recognized as great personalities. The attainment of the *siddhis* of the subtle body makes one a *siddha yogi* endowed with supernatural talents. Those graced by the *riddhis* (of the astral body) become the *devapurūṣas* (divine personalities, angels). The *devapurūṣas* are liberated from all bonds, attachments and sorrows of the endless cycle of life after life. Their descent on the earth in further lives takes place only for divine purposes. Their lives there after symbolize divine incarnations.

Samādhi is an intermediate state of success in the *yoga-sādhanās* of higher levels – which lead to realization of *siddhis* and *riddhis*. There are several types of *samādhis* depending upon the intensity and depth of mental concentration

involved in it. The *sahaja samādhi* is supposed to be the most suitable for all levels of *sādhakas*. This corresponds to training the mind to think and do what is worth the ideals of humanity and its divine origin… As the saintly poet Kabir had described – *sahaja samādhi* could be practised all the time. Despite being engaged in the normal activities and transacting the duties of day to day life, the *sādhaka*'s mind, inner self and entire existence remain in the blissful domains of enlightened consciousness in this state of *samādhi*. This type of *samādhi* falls in the class of *savikalpa samādhi*.

The *jaḍa samādhi* is the extreme state of spiritual trance. It is a *nirvikalpa* kind of *samādhi*. In this state all the bodily activities – including hunger, thrust, respiration, blood-flow, etc are controlled to the extent of practically stopping… The living body of the *sādhak* is turned into an inert body by focussing (with tremendous will power and mental control) of all his conscious powers in the mental core. Great *yogis* could attain such a state after long-term, unperturbed practices of ascetic *sādhanās*. Realization of this kind of *samādhi* certainly expands and brightens the mental trenchancy, determination and significantly excels self-control over the bodily and mental functions – might be up to supernormal levels. However, it need not ensure sentimental ascent and spiritual transmutation.

The *sahaja samādhi* is supposed to be most effective for the purpose of natural spiritual enlightenment and gradual arousal of the divine virtues in the inner self (and hence in the sentimental and intellectual domains too). The attainment of *riddhi* and *siddhi* is realized after the sublime transformation of the individual consciousness up to higher realms where it could unite with its divine cosmic source.

The practices of *yoga* and *tapa sādhanās* are devised for smooth refinement and disciplining of mental tendencies and bodily functions to effectuate consistent progress in a natural way. Different kinds of *siddhis* are described in the yoga-scriptures that could be attained gradually as one succeeds in the *yoga sādhanās* of successively higher levels. As the *ślokas* numbered 16 to 44 of the vibhutipada of the Patanjali Yoga Shastra cite, prominent among these are the *siddhis* of –– knowledge of previous births; vision of the past and the future; reading others' minds; understanding the 'voice' of birds and animals; clairvoyance; mental telepathy; absolute control over hunger, thrust and bodily passions; ability to disappear; emergence of tremendous inner strength; communication with the divine powers existing in subtle bodies…; etc. The 36th *śloka* of this scripture mentions of six such *siddhis* as ––

"*Tataḥ Prātibha,Śrāvaṇa, Vedanadarśaswād, Vārtā, Jāyate*"

Meaning: He (referring to a *yogi* of spiritual *sādhanās*) attains the six *siddhis* of *prātibha*, *śravaṇa*, *vedana*, *ādarśa*, *āswāda* and *vārtā*.

The commentary of Yoga Sutra compiled in "Bojavratti" explains as – (i) Pratibha means supernormal cognition of – hidden objects, distant past and future; (ii) *Śravaṇa* – ability to hear beyond the normal audible frequency, perception of the subtle and distant sounds and divine voice; (iii) *Vedana*, – perception of the extrasensory touch of divine beings; (iv) *Ādarśa* – divine vision; (v) *Āswāda* – extrasensory taste of the 'heavenly juice' (nectar). (vi) *Vārtā* – supernatural power of smelling of the subliminal presence of divine (heavenly) fragrance.

Maharshi Patanjali advises in the Yoga Sutra that – sincere endeavors of *dhyān-dhāraṇā* and related *sādhanās* for the evolution of consciousness lead to the attainment of above *siddhis*. Successively, the *sādhaka* may also attain the *aṣṭa* (eight) *siddhis*, which are regarded as the highest kinds of supernormal faculties of the body and the brain. These *aṣṭa siddhis* are termed as – *Aṇimā*, *Laghimā*, *Mahimā*, *Garimā*, *Prāpti*, *Prākamya*, *Vaśitva*, *Iśatva*.

The *shastrik* literature on *yoga* and spirituality also mentions about the divine *siddhis* like *Kāyasammata* and *Anbhikśāta*, which are attained after complete harmony between the gross, subtle and astral bodies (i.e. between the biological, psychological and spiritual nature of an individual being) has been achieved. The *siddhi* of *kāyasammat* is manifested in absolute health and stout body endowed with immense beauty, charm and youthfulness that also emits bright aura. *Anbhikśāta* implies conquering over matter, energy and the spatio-temporal constraints. A *yogi*, who has acquired this *siddhi* could as easily penetrate and enter through the earth's surface as one would in a pond of water. Winter, heat, rains, fire, …, nothing affects his body. The *yoga sādhanās* of *Panca Mahābhūtas* (*Panca Tatvas*) are endeavored for such *siddhis*. Here too, the absolute refinement of the internal and external domains of mind, of thoughts, sentiments and the inner self and activation of super conscious force in the inner core of the self lies at the root of all *siddhis*.

While the scriptures mention a great deal about *siddhis* and provide adept guidance on the corresponding *yoga sādhanās*, they specifically warn against exhibiting the *siddhis* for popularity and selfish motives. If the *sādhaka* does not restrain form such 'attractions', he is naturally going to be re-trapped in the clutches of ego and avarice and hence trigger steep decline of his spiritual development. Many such so-called '*yogis*' and '*trāntiks*' are seen these days, who make extravagant shows of the 'magic' of their elementary *siddhis*. They might also acquire fame and monetary gains in return. But, sooner or later, their *siddhis*

are bound to diminish in want of the necessary disciplines that constantly nurture the growth of the spiritual strength required for the realization of the *siddhis*.

Every aspirant of spiritual elevation by *yoga sādhanās* should remember that *yoga* is not a profession. The *sādhanās* resulting in supernatural attainments demand greater dedication and ascetic disciplines. It may be recalled here that culmination of divine *siddhis* and realization of *thy* powers cannot be attained without educing the spiritual transmutation and righteous illumination of the intellect and the inner wisdom.

Altruist orientation of all talents and *siddhis* towards the welfare and rise of all – is the fundamental principle of spirituality. Sincere adoption of this basic discipline in *yoga sādhanās* gradually endows one with such potentials that would be supernatural or miraculous for others. But these *siddhis*, as guided by the sages, should always be used preciously. There remains no desire there after. The individual self of a *yogi*, who devotes his *siddhis* for selfless service and enlightenment of others expands up to sublime horizons of spirituality and unites with its cosmic origin – the *Brahm*.

Emergence of Siddhis in the Inner World by Yoga

The external powers of the conscious mind reflected in the naturally aroused intellect have played wonders in the progress of the world. Eloquence and sagacity of writers, orators, trenchancy of scientific minds, efficiency of management, creativity of artistic talents, etc, appear amazing at times. One can't even imagine what could be the nature of superior intelligence? If only the 7 to 10% of the 'naturally activated' mental potentials could conquer the material wealth of Nature and architect the shape of the world, what would be the powers of the hidden intellect? With intellectual evolution, this quest has pierced deeper in learned minds and seems to have revived the ancient interest for deciphering the inner, latent, or the unconscious mind.

Growing research in the fields of metaphysics, parapsychology and different branches of extrasensory sciences finds ever-new folds in the mystery of the unconscious mind. Whatever is discovered so far supports the deliberations of the *yoga* scriptures. Namely, that –– astonishing transformation of the body and the overall personality could be achieved in feasible time, if the activities of the conscious mind are restrained and the vital energy of *prāṇa* (life force) and willpower is focused at stimulating the unconscious layers of mind. Longevity, access in the extrasensory world, etc could also be attained by arousing the hidden powers of the unconscious (inner) mind.

The acumen the Indian *rishis* – the scientist of yore had a reach in the hidden roots of Nature and the cosmic expansion of mind. The science of consciousness discovered by them appears to be as relevant today as it was in the pre-historic times. The principles of *sādhanā* compiled and adopted by them could be applied even today and one could attain the superhuman *siddhis* from the dedicated *yoga sādhanās*, as these sages of yore had.

As discussed earlier, the disciplines and practices of *yoga* emanate from the basic purpose of restraining the agile flow and dissipation of vital energy and mental powers and simultaneous orientation of these towards refining the mental tendencies and energizing the inner faculties of mind. Those who have experienced the power of consciousness or *prāṇa* as eternal energy would know that the arousal of hidden powers of mind by the above process is a scientific experiment. The outcomes of this experiment of "*citta vr̥atti nirodhaḥ*" of *yoga* are manifested in exceptional physical, mental and spiritual powers.

Gradual activation of the inner mind by these *sādhanās* (or spiritual experiments of *yoga*) eventually results in arousal of extrasensory perception and

supernormal talents of *siddhis*. Ultimate state of *samādhi* – driven by complete coherence of the mental tendencies and immersion of the very existence of mind in the inner self (in the soul) – endows one with absolute knowledge beyond the dimensions of time and space. The inner consciousness of a *yogi* who attains this state could also influence the perceivable world of the material existence of Nature as well as the subliminal world of consciousness. Thorough studies and experiments in *yoga sādhanās* reveal that there is nothing imaginary or unscientific about such attainments.

Man is deprived of many extrasensory abilities that seemed to be bestowed on the enormous varieties of other creatures in one form of the other…. It is said that the heat generated by the excessive excitement and extrovert intellectual and agile activities of the conscious mind in humans suppresses the 'natural energy' of the unconscious domains. The available active force of the latter is therefore largely used only for the elementary purpose of auto-regulation of the bodily reactions and physiological process and the sundry brain functions. That power, which could have been used for activating the inner mind thus, practically remains suppressed or waned through out our life.

Most of our vital energy, our talents and powers remain engaged as per the limitless aspirations and curiosity of the conscious mind. This is why we can't enjoy the extrasensory potentials that are actively expressed in the smaller creatures, which are less evolved on intellectual scale. Because of the lack of thinking, the conscious mind of other organisms remains weak and dull, and it therefore can't perturb the 'power supply' to their unconscious faculties.

The exceptional power of cognition through smell found in dogs is among the well-known extraordinary faculties of animals that have offered significant help to humans. The role of expert sniffer dogs in the detective and intelligence operations of security or tracing a criminal cannot be substituted by any intelligent being or sophisticated instrument. The cognitive sensors of a bat seem to resemble that in a radar. These capture the radio waves emitted from any object and can therefore see and recognize everything around even in the darkness of the night. The Teraskin fish found in deep seas emits some kind of radio waves that are spread in the surrounding. The reflections of these waves after collision with other sea animals are received back by the fine sensors of this fish. Its 'unconscious mind' in no time recognizes these reflections and hence the type and position of the other organisms in the surrounding volume. This is how the fish plans for defensive or attacking movements.

In view of the zoologists, some creatures have evolved new potentials in their bodies – as per the needs of adaptation and struggle for survival – which were not available to their ancestors. Whether that effect is manifested in a gene or in

terms of some physico- chemical activities, at the root of this 'suitable' evolution lies the inspiration of the unconscious mind. A human being who is many thousand times more evolved than other organisms could certainly have attained infinitely more of such supernormal powers, had his vital energy been constructively used in stimulating the suppressed unconscious layers rather than being 'evaporated' in the 'heat' of the unnecessary activities of the conscious mind.

The science of *yoga* is developed to provide practical methods for experimenting on one's own body and mind to – (i) checking the loss and excessive consumption of the vital energy by restraining the agility of the conscious mind; (ii) refining the mental tendencies; and then (iii) gravitating the latter for focused inducing, edifying and strengthening of the inner domains of mind. Prudent intellectual activities, development of creative talents and the related functions pertaining to the conscious mind are also encouraged in *yoga sādhanās*.

Although, the luxurious or egotist use of mental trenchancy or its misuse in non-consumable passions, sensual pleasures, destructive and baseless activities is strictly prohibited for a disciple of *yoga*, his creative talents and discerning intellect are protected and accelerated in the *sādhanā* -practices of *yoga*. Excitation, depression and abrupt agility of mental domain need to be consistently controlled and avoided. The frequent disturbances due to haphazard thinking and emotional variation are the major causes of such negative effects and fuming of the mental energy. The elementary disciplines and practices of *yoga* aim at restraining these by augmenting mental concentration.

The realization of deep trance or *samādhi* is reported as the ultimate state of engrossment of the mental power in the inner self. This is an unconscious or dormant state of the conscious mind and an aroused and illuminated state of the unconscious mind. Unperturbed determination and willpower of the *sādhak* enable focusing his mental tendencies and vital force (of consciousness) and educing the flow of his thoughts and sentiments towards the inner core of mind.

The successive stages of the *sādhanās* of *pratyāhāra*, *dhāraṇā* and *dhyāna* are required to be passed before attaining the stable state of focusing the conscious faculties of mind in the inner world of the unconscious mind and then proceeding gradually towards attaining a *savikalp samādhi*. The early practices of meditation help enlightening the conscious and the unconscious layers of mental domain. Elevated mental concentration, alertness and self-determination then help orienting the *tejas*[12] towards the inner mind by higher levels of *yoga sādhanās*.

The essence of *yoga sādhanās* lies in its definition as – "*Yogaścitta Vr̥atti Nirodhaḥ*", which implies – restraining the agility of mind, controlled and creative use of intellectual consciousness, liberating the inner mind and focusing the vital energy for activating the hidden powers of the unconscious mind. If any one of us practices *yoga* as a scientific experiment under the adept guidance of *siddha yogis*, he, the ordinary mortal being, could attain sublime transformation of personality by the super conscious *siddhis* of the limitless powers of the unconscious (inner) mind.

Radiance of Inner Strength

Roman emperor Julius Caesar was attacked in the darkness of night and kidnapped by a strong group of mobsters during a voyage across the Mediterranean. The robbers took him to the Hood's Iceland. They had demanded a huge ransom against his safe return. Plutorck writes that even though Caesar was a hostage, he used to live like a king there. Such was the impression of his personality that the hoodlums used to 'obey' him. He would even fire them at times – "I will hang you all after reaching back in my capital". Surprisingly, no one could dare challenge him. History has recorded that he indeed punished these culprits in due course of time. It was because of his willpower, his inner strength that he, despite being captured by the mighty robbers, could rule over them in their own land.

King Vishwamitra was returning with his army after conquering over a new state. In order to examine the spiritual power of Maharshi Vasishtha, he ordered an unscheduled sojourn in the latter's Ashram on the way…. The Maharshi, despite living with bare minimum resources in the forest, could excellently manage the lodging and boarding of the mighty king with his grand armed force. It was amazing for Vishwamitra to believe! How could a poor Brahmin afford this kind of hospitality that too without any prior notice? He was eager to know the secrets of this supernatural power.

Maharshi Vasishtha explained him that these kinds of *siddhis* could be attained only after long-term dedicated *sādhanā* under ascetic disciplines and absolute adoption of spirituality. But the young, intrepid emperor had no patience. He attacked the sage's Ashram with an aim to arrest and punish his for this disappointing reply and with a hope to snatch away the magical belongings from the latter's hermitage. But, he was shocked again! His grand army could not even touch the holy sage, neither it could damage the ashram! Some unknown force seemed to have blocked their way and blunted their weapons. The mighty king Vishwamitra too could not succeed in facing the invisible radiance of the Maharshi's supernatural spiritual power. He finally conceded that –– "*Brahṁ Tejo Balaṁ, Balaṁ*…." –– no force could be stronger than the strength of the spiritually purified and empowered inner self…

The radiance of the divine character of Buddha had transmuted the dreaded thug Angulimal into a devotee. The cruelty of Angulimal had crossed all limits of violence. Chopping of a bird or a human body was equally easy for this cold-blooded robber…. But the truly magical impact of Buddha's gracious love and inner compassion had induced astonishing changes in him in no time. The mobster threw away his sword and sacrificed rest of his life, for the service of all

living beings under the sacred guidance of *dhamma*. The *ātmabala* (inner strength) of enlightened self is so powerful that it could mold the nature of a wolf into that of a sheep, a lion into a goat. The hidden force of consciousness appears to be limitless indeed.

Although, Napoleon Bonnapart did not strive for knowing and activating the powers of the inner self, a tiny flash of this latent fire seemed to have sparked in him because of his absolute engrossment in the work-at-hand. His unparalleled zeal, courage and self-confidence reflect this luminance of the awakened power of the individual consciousness. When he escaped as a prisoner-of-war, the Boborn soldiers were alerted to shoot him at sight. But it was the exceptional force his stimulated inner courage that seemed to have neutralized the enemy's morale…; he could not only survive the loaded rifles of the Boborns, but could also rule over them in a short span of time there after.

Byaedoze of Athens is known in the history for his supernatural powers to hypnotize or influence others. Once he slapped Hippenikose – an elite of the city, at a public place as part of meeting the challenge posed by his friends. In yet another demonstration of his unbelievable inner strength, the next day he could also please and impress upon the same rich man so much that the latter even agreed for his daughter's marriage with Byaedoze. It was said about Byaedoze that he could turn foes into friends in a matter of few minutes.

French King Richard was on the battle field of Normandy when he sent his advisor Bishop Hugo to his capitol in order to arrange for urgent disposal of more ammunition and armed men. But the Bishop did the contrary. His kind heart could not stand the mass killings of the wartime. His 'inaction' back home had forced the cease-fire in Normandy. He proved to be 'traitor' in the eyes of the royal coterie. Despite this, without any fear of being arrested, he went to meet the king. The soured king turned his face scornfully. But the Bishop 'ordered' him to pay regards as per the norms of religion. People were stunned to see that king Richard, indeed obeyed the Bishop! What was the mantra known to this royal advisor that despite being a 'culprit' he could overrule the royal majesty? King Richard had unfolded this secret on one occasion. In his words – "A divine glow emits from the face of Bishop Hugo. This seems to carry some magnetic power, which attracts and hypnotizes any one who looks into his eyes…"

Jata Fatehsingh of Batlodha in Lahore (Pakistan) is also known for his inner power. Restraining the insane or violent animals was an easy task for this man of ordinary physique. He would simply stand fearlessly in front of the excited cattle and look straight into the latter's eyes; in few seconds the menacing animal would calm down and surrender itself like a pat of the 'master' Fatehsingh.

The annals of history are glorified by the immense radiance of the great characters like Guru Gobind Singh, Frederick, Chhatrapati Shivaji, Swami Ramakrishna Paramhansa, Dayanand Saraswati, etc. Nothing was difficult for their aroused inner strength. The glow of their luminous inner self used to be reflected in the aura around their faces.

The aura around one's body is not a clinical property or expression of biomagnetic force of the gross (physical) body. Rather it is a property of the mind – its vital force. It also reflects the effulgence of the Inner Light. Radiance of the aura expands naturally as one's thoughts and deeds synthesize with the inspirations of the soul. Exercises of physical fitness enhance the vital capacity and smooth functioning of the body-parts. However, these alone are not sufficient for the emergence of aura. Illumination of the mental domain through the activation of the inner mind and its linkage with the Inner Light scintillate the aura significantly.

The unperturbed *sādhanās* of *japa* and *dhyāna* can effectuate this enlightenment. The *ātmabala* (inner strength) aroused by dedicated spiritual *sādhanās* in one life could manifest its presence in the next life too. This bequest accounts for exceptional zeal, willpower, firmness, fearlessness, luminous courage, etc, in some people since childhood without any determined effort in this regard.

Renowned geneticist, Dr. Muller had experimented on the cellular chemistry of some insets and bees for over seventeen years. He found that the 'body' of every cell of a living being is made up of proteins. Chemical analysis of several of these proteins has shown the presence of different kinds of bio-chemicals and 3D folding of amino acid sequences in these proteins. Dr. Muller had focussed his research on the possibility of bringing desired changes in the structure or functions of specific body-parts by attempting changes in the constituent bio-chemicals of these cellular proteins.

The bio-chemical substance inside the cell-nucleus attracted him more. He found that variation in the temperature, toxicity, etc did not have much effect or reactions on the genes of the bees. Earlier experiments on genes of some flies had also shown similar results. Significantly, Dr. Muller's experiments on irradiation of the chromosomes showed induced mutations when X-rays pierced through the DNA. The flies born with mutated genes were quite different in size and color than the native ones. This elucidated the importance of genes in governing the phenotypic expressions and carrying the hereditary information.

Further investigations into the structure of the nuclei of the eukarytes showed a universe immanent there in coded form. The total amount of atomic energy in

this universe inside a single cell would amount to some multiples of the light-energy of the sun. Despite the knowledge of the atomic structure of the DNA and sequencing of the largest genetic code, namely the human-genome, the decoding of all the genes and their stochastic functions remains an open challenge till date.

It is interesting to see what the ancient sciences say about the tiny units of functional manifestation of life. The principle of "*Aṇu me Vibhu*" is described in the Indian scriptures in great detail. It is said here that the entire universe (*ākāśa*) exists subtly in every living cell. The infinite expansion of space outside cannot be grasped by any instrument neither is it in the reach of our intellect. The same is true of the *ākāśa* inside the nucleus of the cell. It is so subtle that it can't be experienced by sensory perception neither could it be deciphered by any physico-chemical or electronic device. It does not have any stable form. But, the power of this subliminal universe is indeed infinite like its cosmic counterpart. The universe of consciousness, the source of expression of the *parā pr̥akrati* is hidden in its folds.

The gross bodies of the genes carry the information about the structural development of the body and its enormous (bio)chemical, physiological and physical functions. The subtle bodies of these indwelling in the subtle universe of life inside the cell-nucleus carry the intrinsic information about the mental tendencies, the conscious elements of thinking and intellectual faculties. Every atom of our body contains the subliminal power of consciousness. The practices of *dhyāna* and other *yoga sādhanās* of expansion of the inner strength aim at activating and channelizing this power in a determined way. The following hymn of the Yajurveda is important in this context –

Yajjāgrato Dūramudaiti Devanta Dusuptasya Tathairveti |
Dūramgamaňjyotiṣām Jyotirekantanme Manaḥ Śiva Samkalpamstu ||

Meaning: Now I retain my mind in the *Śiva Samkalpa* (i.e. the flow of my thoughts is now focused in the divine determination of the inner self. In this state, the consciousness of the *sādhaka* is actively linked with the inner layers of the existence of the soul. As his consciousness reaches deeper and deeper in this subliminal core, the reflections of the Inner Light becomes brighter and brighter). That agile mind, which keeps flying far away in the awakened and the dreaming state now glows with the Inner Light and realizes the cosmic expansion of *thee*.

The presence of the subtle world of consciousness in the cell nucleus is also affirmed in the scientific laboratories. Dr. Schwan and Schledon were the first to experiment on the nucleus and the external body of a living cell. They showed that the cell dies if the nucleus is separated from it. But the nucleus has the

power to survive, divide and multiply, and thus continue its development on its own (without the cell body). Molecular and cellular biologists engaged in this field of research have so far not been able to analyze the source of this invisible power of life in the cell-nucleus. The scientist of yore – the seers of ultimate knowledge refer this power as that of *ahaṁkār*, which is reflected in the sense of being in the individual self. This power is the source of self-determination that works in the nucleus – the subtlest unit of the physical expression of life, as well as in its gross manifestation as a living being.

The existence of the *cetan* world (of consciousness) of the inner self is subliminal. But, this is the root of generation and expansion of the perceivable *jaḍa* world…. A single instance of disturbance or imbalance at this level could diminish the entire world. The limitless power of the spiritually evolved inner self is indeed an expression of *thy*-force. The supernormal experiences cited earlier are only glimpses of this supreme source hidden in the individual self. This eternal power is referred in the *Shastras* as — "infinity embraced in the subtle manifestation of consciousness…".

Ayaṁ Vāva Sa Yoayamantaḥ Purūṣa Ākāśaḥ,
Ayaṁ Vāva Sa Yoayamantahṛaday Ākāśastadeparti,
Pūrṇapravarti Pūrṇaṁ, Pradartinīṁ Śriyaṁ Labhante Ya Evaṁ Veda |

– (Cha. Prapo. 3|12|9)

Meaning: The *ākāśa* (cosmic expansion) hidden in the inner self is the same as that indwelling in the ever-expanding universe outside…. As the visible emptiness (*śunya*) of the cosmic infinity is all pervaded with the presence of the *Brahm*, so is this subliminal *ākāśa*. The Inner Light of the soul is a reflection of the *Brahm*. The *Gāyatrī Mantra* is an expression of the eternal vibrations of this omnipresent *Brahm*. The *ākāśa* of the inner self is not void, the latent source of the *rasa* (nectar) of all powers, prosperity, knowledge, talents and beatitude is immanent in this subliminal core.

The *siddha yogis* who have realized this *Brahm-manḍal* (cosmic expansion of *thee*) in the *ātma-manḍal* (the inner *ākāśa*) describe the inner self as the subtlest reflection of the *Brahm*. It can exist and express itself in infinitely many forms. They also discern that the *samkalp* (determined will) of this inner *Brahm* (– indwelling in the subtle *ākāśa* of the cell-nucleus too…) architects the internal and external dimensions of the life of an individual. The genetic composition and activation, and the biological and psychological nature of an individual is shaped by the spiritual nature of this *samkalp*.

The 20th century science has accomplished great heights as far as the research on the gross structure and (biophysical or biochemical) functions of the genes and the cell-nucleus is concerned. The discoveries and inventions of the Nobel Laureates like Francis Crick, James Watson, Hargobind Khorana have been the milestones of the journey from the decipheration of the DNA structure and the feasibility of DNA synthesis, etc, to gene-cloning, and gene-technology based therapeutics, drug-designing and diagnostic applications…

The scientific developments in molecular biology and biotechnology are advancing at a remarkable pace. The advent of research on the subliminal existence of the *cetan* in the bio-molecules and in the cell-nucleus will prove to be of greater impact. As, not only the biological but also the mental functions are controlled by the 'subtle element' of the soul through this conscious power. The supernatural achievements of willpower, self-determination, and inner strength indeed demonstrate its omnipotence….

The fourth chapter of the Kaushitaki Brahmnopanishad presents the deep knowledge of *ātma-teja* (Inner Light), as was taught by Maharshi Gargya to Ajatshatru. In essence, the teaching implies that – "as fire is present in the *araṇi* (a wooden drill used for kindling fire by attrition), the soul-element also is pervaded everywhere, in every atom of the body". The 19th hymn of this chapter cites that – one, who realizes the inner power of the soul and lets his mind follow its eternal, divine disciplines, overcomes all evil tendencies and weaknesses. He could then attain ultimate knowledge and universal powers through sublime transmutation of the *ātma-teja*….

The Extra-terrestrial Voyage of the Subtle Body

It is said that the great saints and yogis search for the deserving disciples and bestow their guidance and support to help ascent of the latter's mental and spiritual elevation. Most of us remain deprived of such blessings because of the lack of virtuous tendencies, the sub-critical refinement of our mental domain and our underdevelopment on the spiritual fronts. Those who possess enlightened mind and sentiments because of the *sādhanās* of the present or the past lives, and have the potential of spiritual elevation may get this opportunity… At times, the *yogis*, residing in the subtle bodies also let their noble disciples experience the extrasensory world beyond the gross body and the peripheries of time and the three dimensional space.

The reports on the extrasensory experiences of Kadar Malashankar have received wide attention of the researchers. It was in 1937. The sixteen years old boy, Kedar used to live in his ancestral house in Bengali Tola with his mother and sister. His father had passed away sometime back. Kedar used to study in a nearby school. One of those days, all of a sudden Kedar attained the extrasensory power of experiencing and expressing his existence in the subtle body. He would leave the physical body for several hours and re-enter it at will. His family members were shocked to see this peculiar change. Where did he learn this esoteric *yoga-vidyā*? And, How?

Kedar used to acknowledge the blessings of an angel like *siddha yogi* that enabled him experience the subtle world, although he had not learnt any *yoga-vidyā*. In his words, whenever the divine *yogi* appears before him, his subtle body is automatically pulled out of the physical (gross) body. He then follows the angel in the subtle body as per the silent instructions of the latter. After a while, he reaches a divine land, a different *loka*. There he is taken to different spots and is enlightened by unique knowledge on the mysterious (yet unfolded) aspects of science and philosophy. He is then brought back into the body by some unknown force.

According to Kedar, he is taken to different kinds of subtle worlds (*bhuvans*) by different angels. He used to feel driven by an invisible force of attraction induced by the subtle body of the angel (or the *siddha yogi*) who would come to take him along…

While asked about the first instance of the Out-of-Body Experience (OBE), Kedar narrated his miraculous encounter with the Light-Body of a *yogi*. He said that one evening when he was going to the Dashashwamedha market for some

essential shopping, he saw a divine glow on a tree in the forest on the way. It was so soothing and thrilling to look at that unique, 'lively' body of light…!

The boy thought of showing it to others and stood there for sometime, waiting for someone passing by the same route. But, as soon as called somebody in an attempt to show that unbelievable 'magic', the light-body disappeared all of a sudden. At the same time, he experienced something extraordinary, some unusual vibrations in his own body. He could not make out what it was. He somehow finished the shopping and was soon back in the house. By now his body temperature had risen high, he was feeling severe body-ache. He remained in this state for two days, but became normal after that. This was his first experience of meeting the divine mentor in his subtle body. There after, whenever a divine messenger would appear before him, his subtle body would smoothly depart from the gross without so much pain…

Describing his OBE, he used to say that once his subtle body would come out of its gross sheath, the physical body and this world would be non-existent for him. He would feel as though he is flying in the endless empty space (*śunya*). He (in the subtle body) would be driven by the invisible force of attraction of his *siddha* guide while traversing this *śunya*. Then he would reach a high-energy zone of extrasensory vibrations. There he would experience something like severe electrical shocks… Kedar had named this extraterrestrial region as "*Jhatikā*" (meaning 'shock' in his language). His extrasensory intellect or spiritual mind used to be activated after these 'shocks'. The subliminal world of knowledge used to be self-explanatory there after.

Surprisingly, his consciousness was not totally de-linked with his gross body during his voyage in the subliminal body. Many a times if someone would touch his 'clinically unconscious' gross body or had an evil intention of harming it during any such phase, he (his subtle body) was sent back instantaneously. But such a re-entry, without completing his OBE mission used to be quite painful for him. He would have to suffer the negative effects (like severe illness, giddiness, etc) after such abrupt separation form the extrasensory domains.

The supernatural development of Kedar's mental and spiritual powers began to show with his extraterrestrial voyages via subtle body. Without any specific endeavor, he could attain supra-mental intellect and esoteric knowledge like that of the great *yogis*. Savants of the science of yoga and spirituality used to describe it as a divine blessing on his pure soul. He must have been a devoted *sādhaka* in the earlier lives. Otherwise, how could a teenager have OBE and acquire *siddhis* like a *yogi* without striving for any *yoga-sādhanā*?

The instances of Kedar's OBE continued all his life with varied frequency. The process of disconnection of his subtle and the gross body became successively easier and natural with time. Later on, he could reach the other worlds (of divine existence) without the help of the angels. Only an inspiration of the inner self was necessary for him to perform this great experiment of *yoga*. Kedar never attempted misusing his supernatural talents.

At times, some other *yogis* and *siddhas* in his state and elsewhere India used to come to him to examine the OBEs of this boy. Whether he really visits the subtle world or is pretending to fool others by a drama? Once he was asked to look at this world from the subtler region of the cosmos and narrate its appearance. The boy went out of his body and came back after few minutes with a reply that – "its shape looks like that of a man standing straight with his hands spread open (like the holy body of Christ on the cross)". This description matched with that cited in the texts of *Vaiśwānar Vidyā* in the Upanishads. The gurus of Jainism also opine the same. On one occasion, he was asked about how the *Vaikuṇṭha* (divine world of Lord Vishnu) appears from the *Mahā Śunya* before you enter in it. Kedar's OBE found it to be like the *Dakśiṇāvart Śankha*. This is what is described in the Shastrik Literature with reference to the *Purūṣottama Kśetra*.

Although his 'teaching' in the other worlds used to be through subtle communication, Kedar used to grasp the lessons in the 'languages' of these *lokas*. Many a times, while discussing on deep knowledge or experience pertaining to a particular *loka*, he would inadvertently use the terminology in the 'language' of that *loka*.

He used to recite some *vedika* hymns every evening. But his mode of chanting was different from what was popular in India those days. The *uddāta*, *anudātta* and *swarit* notes etc were used with perfection in his chanting but the language used by him was neither Sanskrit, nor Hindi or any other language spoken on the earth. People thought it to be a divine language. But he did not know how he learnt these pronunciations and the *vedika* hymns.

He used to mention that he did not have any vocal communication in the subtle world. A bright ray would emanate from the *ājňā cakra* of the angel and enter into his (Kedar's) *ājňa cakra*. This was sufficient for Kedar to grasp the silent communication and its sound and language. He used to say that unlike what we do on the earth, one does not have remember any word or its meaning in the 'language' of the subtle world.

Once *Siddhi Maa*, a *siddha yoginī* of Kashi advised Kedar that – "the supernatural experience of the subtle world and attainment of esoteric, extrasensory

knowledge is not the ultimate end… The absolute realization of *thee*, the incarnation of divine self in the soul is what a *yogi* of your level should seek for. All *riddhis* and *siddhis* would emerge without any effort thereafter… Then you may experience the subliminal world without leaving the gross. Ultimate unification and expansion of the soul in its eternal origin is the supreme attainment of spirituality. This cannot be accomplished unless the external and the internal, the gross and the subtle, all domains of your life are purified and made coherent with the eternal afflatus of the soul…. This enlightenment and union emancipates the soul from all bonds in this life itself. This is what is the most astonishing boon bestowed on a true *sādhaka*. There remains no desire, no needs, no relevance of any *riddhi* or *siddhi*, or any knowledge, thereafter…. ".

The message of the *siddha yoginī* is for all of us… Simplicity, truth and purity of conduct in every walk of life is inevitable for spiritual enlightenment. If we sincerely endeavor and adopt this basic principle in day-to-day life, we would progress fast on the righteous path of deserving the blessings and guidance of the *siddha yogis*. The latter will approach us if we have the virtues of being their disciples. We don't have to search for them. The 'seed' of divine blessings could be cultivated in the 'soil' of our inner self if we have made it clean and fertile… Only then it could grow and blossom in our lives….

Before desiring for anything, we must examine whether we really deserve it? Chance and success favor the prepared and the deserving ones. This is the fundamental law of righteous ascent. It is most true in the fields of spirituality. This fact should be remembered and be the driving force of strive every day.

The Secrets Entangled In Obscurity

The human body is not all that delicate or weak as it might appear in general. However, the bodily movements and activities of a person would be naturally restrained if a heavy burden is kept on his head… Similar is true of the case of the human mind in normal conditions too. The burden of mental attachments and evil instincts assimilated in it tend to block the natural expression of consciousness in it… As the external and internal domains of mind are refined, the subtle body inside the gross also gets stimulated and expresses its unlimited potentials in the higher stages of the sublime transmutation of the inner force… Sometimes the extrasensory power of the body gets aroused momentarily by sudden flash of Inner Light in the unconscious mind. Such instances – as cited in the live examples below, of experiencing the subtle world make one wonder –– "If the mind could be so wonderful even in the usual burdened state of untoward assimilation, how would be its culminated expression after ultimate enlightenment?".

The British Naval Ship named "Rock" started its voyage from Liverpool. It was going westward to Nova Skotiya. It had been sailing in the Atlantic since several weeks… One day, a staff member, named Robert Bruce saw a stranger writing something on the black board in the Captain's cabin. He was surprised! He immediately brought this to the notice of the Captain. The latter didn't believe him initially but he too was stunned when he saw the message written on his board; it said – "Please move towards the North-West". There was nobody in the cabin nor could they locate any stranger anywhere on the ship! Everything else inside was as the captain had left before going on the decks. Who entered his cabin? And what is the reason for this strange message? He discussed with all colleagues. Even cross-checked against the handwriting of every one present on board. But none matched with that of the 'mysterious note". Any way, out of sheer curiosity the crew decided to proceed in the Northwest direction. After about a day's journey, they saw another ship trapped between huge icebergs.

Rock's staff rescued the passengers and the crew of the ill-fated ship. Bruce was almost shocked to see one passenger on that ship. Yes! He was the 'stranger', whom Bruce had seen writing something on the Captain's blackboard! He was asked to write the same note. Indeed it was ditto of the 'mysterious man's handwriting'! Amazing!! How did this man reach Rock's deck (and the Captain's cabin) travelling such a long distance across the Atlantic without even a boat? More startling was the revelation that this man did not know anything about that incident. According to the Captain and security men of his ship, he was sleeping in his room around the time when Bruce claimed to have 'seen' him. However, after getting up that morning, this man was unusually confident and consoled

others saying – "there is nothing to worry; we all will be rescued soon". Robert Howell has reported this incident in detail in his masterpiece book entitled "Footfalls on the Boundary of Another World".

Another incident expressing the power of the subtle body was discussed by Herald Oven in "The Journey from Obscurity". It was few days after the end of the Second World War. Captain Herald Oven was then an officer on the warship named "H.M.S. Austria". The ship was anchored in the Bay of Taboul. The captain had organized a party to celebrate the cease-fire… all officers were enjoying the gathering except Herald Oven. He was down with an unprecedented gloom. He was worried about the wellbeing of his brother Wilfred, who was in the Army. "Could he survive the war?" – the question kept echoing in his mind…

Soon the ship sailed for Cameroon. Herald fell ill after reaching there. Though he was not relieved of the weakness, he felt like writing some letters. When he turned towards his table in the room, he saw Wilfred sitting on a chair in the corner. The latter was clad in the military uniform. It was a pleasant surprise for Herald. But, the next moment he shivered of some unknown fear – his brother's face looked expressionless! Herald asked him how could he reach there all of a sudden? There was no reply. Herald went near him, asked about his well being and repeated the question again. There was a cold smile on his face. The host thought his brother has survived some severe danger and has reached here after a long run, crossing enemy's camp or so. Wilfred was his younger brother and he used to love this brother a lot. Wilfred's presence itself was so soothing for him.

He looked around to get something to make his younger brother more comfortable. But, the next moment, he again turned towards Wilfred to find our how he was feeling. Shocking! There was no body on the chair! Herald felt as though he has fallen down from some (imaginary) mountain. He was feeling utterly exhausted – something was lost from his within. He could not stand it. He fell down on the bed. He felt asleep in that fatigued state. When he got up after about an hour, he somehow was sure that Wilfred is no more in this world. Few weeks later, the condolence message from the Army Head Quarter also confirmed his suspicion.

As we had also discussed in the earlier sections, the experiences of the above kind give us a glimpse of the presence of the subtle body. The instances of this kind indicate that the subtle body gets activated and shows its existence in the events of extreme inner pains or at the time of physical death, etc. Otherwise, it mostly remains dormant or latent, and neglected because of our extrovert attitude and false impressions of recognizing ourselves as the physical (gross) body alone.

We take care of nourishing our physical body well and also try our level best to protect it from all changes and harmful effects. Hardly a few of us might realize that if we pay little attention to arouse and strengthen the subtle body – the source of the energy-body, then the physical body and the mind could also be endowed with absolute health by its supernatural vital energy. Spiritual disciplines of *sādhanās* enable maintaining the vigor and activity of the subtle body.

The higher level endeavors of *yoga sādhanās* – focused at the arousal, enlightenment and supernormal manifestation of the subtle body, include the "*Chāyā Purūṣa Siddhi Sādhanā* "and the "*Sukśmīkaraṇa Sādhanā* ". Attainment of success in these spiritual experiments bestows one with the magical powers of making use of the subtle body as easily as that of the physical body and independent of the latter. This is like polymerizing or cloning oneself into two at will. The subtle body – also called the *chāyā purūṣa* (shadow body) though manifested as a ditto of the gross (physical) body, is not bound by the laws of Nature pertaining to the perceivable world. It can travel anywhere in the cosmos in no time as per the determination of the *siddha yogi* of this *sādhanā*.

The Tibetan mysticism describes two levels of generation of the shadow body. An expert mystic who lives in the subtle body is called "*tulpā* "in their scriptures. These people can also generate the *tulpās* from other living beings too. Many a times, as per these scriptures, a *tulpā* could be so powerful that it could produce (by its own sublimation or by influencing the consciousness of some other living being) *tulpās* for itself. The first generation of these 'clones' or 'slaves' is called "*Yang Tula*". With further refinement and empowering it sublimates its power and generates "*Naing Tula*". Thus a *tulpā* could produce a family of its own 'clones'. All the members of this family are also supernaturally endowed like the original *tulpā* (of a human being or of an animal), which is 'created' by a master of this occult science. The *tulpās* generated by such a master are shadow bodies, which could make themselves visible but cannot be perceived otherwise. These extrasensory energy bodies are enslaved by the master, who 'generates' them. The master could perform astonishing things with the help of these ageless subtle beings.

Alexandra David Neil, renowned French expert of '*Tantra*', who had spent long time in the Himalayas, has compiled here supernormal experiences in the volume entitled "Magic and Mystery in Tibet". She writes that during fourteen years of her stay in Tibet, she had encountered or seen many such shadow bodies flying in the Himalayan range. But she could not believe their 'reality' or the possibility of such 'creations'. She wanted to have a firsthand experience. For this

she dedicatedly learnt the mystic *tantras* from the Lamas. Later on she succeeded in transmuting a young, simple and short Tibetan *sanyāsi* into a *tulpā*.

Several months later, Alexandra planned to visit other parts of the Himalayas. She was travelling with one of her assistants. She was surprised to see that the *tulpā* created by her was also following her. She writes that although it was a subtle body, at times she used to feel its presence as though she is able to touch it. She has had many experiences of getting supernormal help from this *tulpā*. This *tulpā* could do things that were simply impossible for a human being mentions the French *tāntrikā*. She had also attained success in the counter *sādhanā* of diffusing a *tulpā*. She experienced this on this *tulpā* and dissolved it in the empty space forever, before returning back to France.

The above kinds of *tāntrika sādhanās* are dreaded experiments of forcefully separating the subtle from the physical and bringing it into control by arousal of will power supernormal conscious faculties. These are risky like experiments of explosion of energy in the physical world… Deeper understanding of the mystic knowledge, spiritual elevation, long-term practice with unperturbed devotion, and adept guidance are essential of such *sādhanās*. What is easy, safe and important for most of us is that, we should at least be aware of the fact that the almighty has bestowed enormous power in the subliminal core of our mind.

We should realize the importance of our hidden powers and take care of nurturing and refining our mind – including our thoughts and sentiments. Gradual arousal of our pure intellect and enlightenment of the inner mind would activate our subliminal self and endow us with such extraordinary talents and strength that could bestow the boon of absolute health, virtuous progress, and divine exaltation on our life as a normal human being.

Mystic Experiences in Awakened Hermitages

Days before the onset of the Second World War! Two German tourists had gone to visit India and the Himalayas. The two young men were alarmed with the advent of war in the middle of their visit. Suspecting the possibility of being arrested by the enemies, the British – who were ruling over India at that time, they planned to escape towards Tibet and spend some time there till the war ceases. They reached the distant range of eastern Himalayas in the Tibetan territory. There they saw a grand hermitage. It was enriched with liveliness and varieties of devotional and welfare activities. There were ample facilities, including scientific devices for comfortable accommodation of many disciples. The tourist duo was thrilled to discover this prosperous monastery. Because of their sincere request for an asylum, the hermits agreed to give them shelter only on the condition that they would leave soon after the War ends.

The Germans had a good time in this hermitage. Upon receiving the news of cease-fire, they returned towards India on foot. Unfortunately they lost the way and reached Burma instead. While talking to the local Buddhists, they also mentioned about the grand monastery and its scientific developments etc, with a sense of gratitude. Surprisingly, nobody knew about this place. Some of the monks there expressed the desire to see this hermitage. The German tourists volunteered to take them along because as such they had to go back to this place and reach India by taking the right route from there. They were stunned after reaching that spot! The same mountain peak, same spring, same rocks, where they used to sit for long hours and talk about their country, about the whole world…; every thing was the same, so familiar. But, the grand hermitage was nowhere in the sight! How could such a huge construction disappear with its premises, belongings and residents in just few days? Why, and where?

The presence of *siddha yogis* and Lamas in the Himalayan Range is often experienced and reported by the disciples, pilgrims and tourists, who spent some time in these impregnable heights. It is also known that these spiritual masters of *yoga* and *trantra* live in the subtle body, and that they could appear and disappear all of a sudden anywhere at will… However, this kind of experience with a rigid construction – building of bricks and stones, sounds impossible, unheard of before…!!

How is it possible that a piece of land and an inert construction on it become visible and tangible all of a sudden in some specific period of time and become non-existent in the other? Pt. Gopinath Kaviraj has thrown light on such possibilities in his book on "Gyana Ganja" – a latent, spiritually charged *siddha-ashram* in the inaccessible regions of the Himalayas.

He writes that the *siddha pīṭhas* – spiritually activated ashrams of *sādhanā* are different from ordinary hermitages and monasteries. These places can not be seen or experienced by all visitors all the time. The long-term, intensive ascetic *sādhanās* of the great yogis and the spiritual saints of *paramahaṁsa* level transmute the place of their *sādhanā* into a *siddha pīṭha*. If one were able to see or experience the existence of such a *siddha ashram*, it might have become possible either because of his elevated spiritual powers, or because of the grace of these *siddha yogis*. There are many such 'hidden regions' and 'latent ashrams' in the Himalayas, which remain non-existent for most tourists and pilgrims. Pt. Gopinath describes such a state of existence as that between the gross (physical) and the subliminal; it can express itself in either form.

Col. Olcott has also mentioned about the existence of such a mystic place in his collective memoir of "Old Diary …." He writes that when he and Madam Blavetsky, the then president of the Theosophical Society, went together in a car to visit around the outskirts of Bombay, they saw a majestic *maṭha* (ashram and place of worship of the Hindu or Buddhist disciples) at some distance. Madam Blavetski asked him to wait inside the car there and she herself went to the *maṭha* on foot. She came back after some time. She had received several garlands from the *maṭha*. She also gave one to him (the colonel).

Next day, Col. Olcott again went towards that side because he had liked the picturesque sight there. But there was no *maṭha* around. He confirmed with the driver that they had come to the same place the day before. Instead of the building and its green surroundings, there was a huge lawn and two gardeners working over there. They denied having seen any *maṭha* in the nearby area. The colonel was more puzzled when he learnt from the driver that the latter had not seen it even yesterday. Later on, Mrs. Blavetski explained him the difference between the gross and the subtle existence of such spiritual charged *maṭhas*.

Another mystic incident of this kind is described in the first part of the volume "*Sādhu Darśana tathā Satprasang*", compiled by Pt. Gopinath Kaviraj. It narrates the experience of a teenager named Kedar. One fine day, a *yogi* came to this boy and asked to meet him the next day. He also explained the map to reach a certain spot for this meeting and told that the way for proceeding further will be guided by nature from this place….

With all his enthusiasm and curiosity, the young chap reached Vishweshwarganj as per the guidance of the *yogi*. There he saw a huge ground at some distance. There was a single narrow lane that appeared to connect the spot where he was standing to that ground. Some unknown force inspired him to follow this lane. After reaching the middle of the ground, he saw a sparkling rock at one corner. A divine being with immense glow around his body was sitting on this rock. Kedar somehow felt that the same divine soul had met him in the form of a *yogi* yesterday.

He was thrilled with unprecedented inner bliss after having this holy *darśanas*. The divine saint called him near and asked him to sit at a flat stone there. He then preached some occult knowledge to this young devotee. Kedar was surprised at himself, as he could grasp all these points of deep knowledge on esoteric topics so easily! The discussion continued for long. Then the divine being told the boy that he should go back soon as his parents might be getting worried. He just spread his left arm in the front. With this, he could project a live 'television' of the boy's home. The latter could see his family members in the house. They were all talking about him and were naturally worried about his whereabouts, as he was not traceable in the colony. The mystic master then shook his head a bit and the scene disappeared. Kedar asked him where he was sitting at the moment. "This is a place from where the entire world, every direction, every place, every body, is near by…" – he was told.

Kedar paid his reverenced regards to this divine *guru* and returned by the same narrow street. He naturally expected to reach the spot (in Vishweshwarganj) from where he had started. But, to his surprise, he had reached a busy road in Allahabad, which is about 6 Kilometers from Vishweshwarganj! He was puzzled!! While going this single lane had taken him to the eastern side. Now, how could it turn its direction and became westward? Although Kedar had also been to Vishweshwarganj several times before, it was for the first time that he noticed this narrow street and the huge plain ground. No one else had seen it either. He went there again many times after this unique experience, but, like a mirage, the narrow lane appeared changing its directions at random. Neither he nor anyone else could see the mysterious ground again!

A Gujarati volume entitled "*Brahmāṇḍono Bheda*" (The Secrets of the Cosmos) describes about a *maṭha* (monastery) named "Satya Gyan Ashram" in the Tibetan region. This place is also reported to be a *siddha ashrama*. A Greek tourist has mentioned about it in his diary of Himalayan tours. In his words, this is a unique place in the world. A Roman visitor described this *maṭha* as an arcane center, where occult knowledge and scientific developments both appear to have excelled significantly. More than 300 years ago, a Chinese scholar named

Fengliyan had also written about this *siddha ashram*. According to him, higher level yoga is practised in this mystic ashram. The yogis of this *maṭha* have attained supernormal powers. This *siddha asharam* in the Himalayas appeared to him as a treasure of the *parā* and *aparā* knowledge. *Kāyākalpa*[13], cure of dreaded, intractable diseases, instantaneous treatment of a physically handicapped – enabling him to become normal and strong, etc – all without any instrument or medication, etc, are among the common supernatural attainments of these *siddha yogis* as reported by Fengliyan. He further writes that – clairvoyance of the whole world on the 'screen' of one's palm, creation of a stout fort in air, etc are real and easy tasks performed by these *siddhas*.

A similar description of another *siddha ashram* is frequently cited in the discourses of Swami Vishuddhanand Paramhansa of Kashi. (Pt. Gopinath Kaviraj has also reported about the same ashram in his book referred above). In his views, only those who have expertise in the deep science of *yoga*, or who are blessed by the great spiritual saints and *yogis* associated with these ashrams, could have a glimpse of such subtle existences. He used to talk about the enormous disciplines of *yoga sādhanās*, spirituality and natural sciences that are taught in this 'subtle' ashram. *Siddha yogis* and spiritual scientists, some of whom are thousands years old, are the great masters who run this *siddha asharam* for continuation of higher level experiments on *yoga sādhanās* and the *parā* and *aparā* forms of Nature.

Many men and women who are Brahmcharis, Sanysies, Bhagunis and Paramhans of distinct *siddhis* also reside here; each one has acquired longevity… The location – where it is 'seen' in gross existence by some deserving *sādhakas*, of this *siddha ashram* is described to be further away from the impregnable spots of the (real) Kailash and Mansarovar. For most people, it is almost impossible to reach these inaccessible regions of the Himalayas. Even if one could, the chances that he would get a glimpse of such *siddha ashrama* are extremely rare in general.

Shri Ram Thakur, a revered saint of Bengal often used to talk about hidden siddha places like Vasishtha Ashram and Yogeshwar Ashram in the inaccessible core of the Himalayas. As per his narrative portrayals, there is a grand Shiva-Ling in the Yogeshwar Ashram, which is shielded by brilliant glow of divine aura; a goddess like beautiful *yoginī* is meditating on this Shiva-Ling since uncountable ages.

He used to describe about the Kaushi Ashram that it is a mysterious place. If visible, this ashram appears to be made up of rocks. Ten *mahātāpas* (great ascetic *yogis*) are engrossed in *sādhanā* here since thousands of years. The other three *siddha yogis*, also associated with this ashram, keep visiting different parts of the

world in subtle bodies for the purpose of inspiring, guiding and helping the deserving souls, who are engaged in altruist welfare of all living beings. Likewise the other saintly scholars, Ram Thakur also affirms the partly gross and partly subliminal existence of the *siddha ashrams*; these places mostly remain non-existent for most people, whose inner mind and extrasensory potentials are dumb and dormant.

The Indian Scriptures (Shastrik Literature) describe the existence of fourteen *Lokas*[14] of which only the earth and the solar system, or the three dimensional world in particular, are within the range of our gross view or physical perception. All the other *lokas* are supposed to exist for us in the dual state – gross as well as subliminal. While these remain 'non-existent' or 'imaginary' for the ordinary mortal beings like most of us, the spiritually elevated *yogis* could easily view these extraterrestrial, cosmic domains and even contact or communicate with the *siddha yogis* and divine beings there. The modern science has so far recognized five dimensions of existence. It has yet to conceptualize the other nine.

Swami Vivekanand has analyzed the vedik concept and reality of the existence of the fourteen *lokas*. He emphasizes the need to conceptualize the *lokas* as different domains of existence in any combination of fourteen dimensions (the space and time constitute only four of these). He points out that – although the different *lokas* are named as the Surya Loka, Chandra Loka, etc, these should not be misinterpreted as some 'mysterious worlds' on different planets or stars. Neither are these some 'imaginary' or 'dreamy' lands.

The best way to conceptualize the *lokas* other than our perceivable world, would be to regard these as some kind of subliminal horizons, which could be anywhere in the limitless cosmic expansion, may be quite 'near' us on the earth, but non-existent in the space-time domain we live in. The Buddhist Scriptures refer to such 'invisible worlds' as "Buddha Kshetras". People endowed with extrasensory vision and inner intellect can realize the existence of these *lokas* as clearly as we perceive the physical world around.

The mystic *siddha ashrams* described above are believed to exist in some subtle *lokas*, which might be existing on the earth but in higher (beyond the order of time) dimensions. If we refine our thinking, attitude, overall conduct and sentiments as guided by the *rishis* and saints of divine acumen, we might someday be blessed by their grace to have a glimpse of a *siddha pīṭha*. Arousal of extrasensory potentials and *riddhi-siddhis* of this kind could be attained by arduous spiritual endeavors of higher level *sāhdanās*. Enlightenment of the internal and external domains of life is a fundamental requirement for striving spiritual elevation through these *sādhanās* too.

Live Experiences of the Distant Past

Is it possible to enter the distant past from the present? Could this be achieved without any external device or medium? This would sound impossible or fictitious to someone who believes in truth as only that verified by scientific theories or experiments. The superficial 'intellectualism' of modern science might deny such possibilities in general. But, the science of spirituality conveys quite the contrary in this regard. It affirms timeless subliminal existence of mind that could have a first hand experience of any instant of time – in the distant past or far ahead in the future.

Einstein's theory of relativity has given a new direction to scientific thinking in terms of time as a fourth dimension. This theory approves the existence of the signals (energy waves) of every event, every activity that has or is going to take place in the 3d-space of our realization. If one reaches in different dimensions of existence, he would be able to experience these events as that of the present. If we want to experience the past in the present, we will have to catch the associated signals by moving along the time dimension with the speed of light.

In view of the above theoretical possibility, some trenchant researchers have also postulated the design of an ultra sensitive radio device that could be tuned at different wavelengths in the time dimension. Thus, if the 'pointer' of this 'time-free' radio set is adjusted to 500 years back, we would be able to hear (and also see on an attached television device) the communication between the people of the 15th century. Moving it 5000 years back would enable us listen to the Bhagavat Gita live in the voice of Lord Krishna that he had preached Arjun during the War of Mahabharata.

The radio sets found in almost every house today would have been imaginary few hundred years ago. But now, as we all see, the scientific advancement and technological development has made it such a common and easy mode of wireless transmission, that even a teenager in the countryside could be seen holding it in a pocket and listening to the live commentary or radio program of his choice from anywhere in the world. This is what could be thought of the hypothetical 'timeless radio' of today in the centuries ahead. The live examples of people experiencing the past illustrate the feasibility of realizations in the higher dimensions and also indicate the existence of this kind of a timeless sensor in the human mind.

It is reported to have occurred on August 10, 1901. Anne Moberly, the principal of the Saint Hughes women's college of the Oxford University was strolling in the beautiful gardens of the Palace of Versailles in France. Mrs. Eleanor Jordan, the vice-principal of her college was also with her. It was a pleasant afternoon.

The fragrance of colorful flowers, the thick rows of trees, were adding to the picturesque charm of the surroundings. But somehow these two ladies were not able to enjoy this soothing experience. An unprecedented gloom was induced in their minds. There was no apparent reason for them to be in a dull mood. They were stunned at this sudden and peculiar experience. They were both feeling so depressed and tired that they did not even talk to each other.

They had earlier planned to see the Petit Triannen that was supposed to be ahead of this garden. This portion of the palace of Versailles was once upon a time the residence of King Luis XVI and Queen Antoinette. The two ladies continued walking as per the map in their hands. But suddenly they found that they have lost their way. Each one was feeling as though she is walking in a subconscious state of dreaming.

Moments later, they saw lots of activities going on in that garden. Two men came near and guided these ladies to proceed straight. They were looking like gardeners. They were wearing long green coats and typical triangular hats that were supposed to be in fashion in France over hundred years ago in France. As Mrs. Moberly and Mrs. Jordan walked ahead, they saw an old man sitting beneath a huge tree. He too was clad in antique attire. He appeared quite cruel. The ladies were scared to ask him anything. But moments later, there appeared another man in similar dress. He showed them the entrance of the Petit Triannen.

Well, now they were in front of the majestic piece of French architecture. A charming woman was sitting in the front lawns of this palace. She seemed to be painting something. She looked at Mrs. Anne Moberly. Her sight appeared to be electrified, which shook Anne from within. But she did not ask anything. Anne and her friend walked inside the palace. With this the heaviness of their hearts and the depressed mood had disappeared. They felt thrilled to see a royal wedding ceremony inside the palace. They came out after spending sometime there.

The lady sitting in the lawn had disappeared by now. None of the guys who showed them the direction, the gardeners, etc, were seen around. The palace and the garden were deserted as they saw it in the beginning of their visit. They were so engrossed in their own thoughts about their experience that did not discuss much with each other.

About a week later, when Anne sat to write about her Versailles-trip to one of her friends, she began to feel the same heaviness of mind and depression that she had during the visit to the Petit Triannen. The feeling was so intense that she could not help discussing it with Mrs. Jordan who had accompanied her the other day. It was a pleasant surprise for both of them to know that each one had

experienced the same peculiar mood and events except that Mrs. Jordan had not seen any woman sitting the lawns of that mysterious palace. Now they were sure that it was something more than a mere illusion or dream. They noted down this strange experience and thought of studying the facts in detail back home.

They both returned to England after the one-month assignment in France. They approached some psychologists and historians regarding that unusual experience. The history of the palace of Versailles revealed that 109 years ago, King Luis and Queen Antoine were imprisoned in Paris on the same day (August 10) in 1792. The couple had suffered severe mental and physical torture in the same palace. Perhaps the subtle vibrations of their agony were experienced by the unconscious minds of Mrs. Moberly and Mrs. Jordan on that particular day (August 10) as they reached near the personal palace of this royal couple.

Further details confirmed that the decoration of the palace, its gardens, the attire of the French people during that period (around 1790s) matched with what these ladies had seen in and around the Petit Triannen. Anne was thrilled to look at a picture of the Queen Marry Antoine in one of the volumes of French History. It depicted the same pretty woman whom Anne had seen sitting alive on the Lawns!

The two teachers were curious to know of and experience more of the past phase of history. After about two years, they again visited the palace of Versailles. But things had changed drastically in this short span. Neither the palace, nor the garden looked so engrossing as they did two years ago! The local staff and people however confirmed that there was no change in the appearance of the place since past two decades or so… Now there was no doubt left that what these two ladies had visited and experienced on the 10th August 1901 was the palace and garden of 1792! They had had a live visit in the past – more than a century ago!

These learned ladies had compiled this supernormal experience in their joint book entitled "An Adventure". Here, they also elucidated the possibility of traversing different horizons of time and space when the past coincides with the present.

As per the other reports, a French family had also experienced similar incident in that garden and palace of Versailles on August 10, 1907. Some researchers argue that –– specific signals emitted from the dense biomagnetic fields, created in the past (because of the intense emotional reactions and thought waves of people in the past) might be received by the compatible bioelectrical sensors in the brains of these tourists in suitable condition of the latter's mind. The latter could therefore experience the past events associated with those energy fields.

Lt. Col. David Smith of the Gammery Town, England had published a report on live experience of the past in a local newspaper, somewhere around 1900-01. He described –"My son has a big farmhouse in Davon. It is situated far away from the town. The nearest house is about two kilometers from here. One day, when my son was milking the cows behind the house at around 7:30 am, he heard the loud sound of horse-tops. As though an army was marching nearby. He could also hear the harsh jingling of the weapons used in the earlier period of history. He thought it to be a part of shooting of a film on historical wars... In order to have a clear view of the situation, he came to the outer compound. Two of his servants were also there. They had gone running on the outside road after hearing that unusual noise. But none of them could see anything. However, the noise was clear as though, hundreds of soldiers and their horses were sojourning in my son's house!. It lasted for about an hour's time. My son is eager to know if some one could help the mystery behind this strange experience".

In response to the above report, Mrs. C.I. Fox wrote to Col. Smith that her uncle had had a similar experience in that region. He had also seen an army that appeared to belong to the ancient times. But he could not understand the language in which the soldiers were conversation. Further inquiry revealed that, over a thousand years ago there was a cantonment of the Roman Army in that area. At times, people see some Roman Soldiers of the earlier centuries roving in the fields here. These fields are supposed to be the graveyard of the martyrs of that period. The march-fast of the army and the artillery practices seem to be repeated there quite frequently. Some people experience its sound and some even get a glimpse of it through the naked eyes! Significant numbers of such experiences are reported mostly at the times before or during a war.

Some historical events of England are also reported to be seen by people in the countryside. King Charles-I had also arranged for investigating such experiences. The "Justice of Peace", Sir William Wood had carried out these investigations and found them true. In one such incident, the villagers had experienced harsh sound of drums and bands preceded by painful groaning of wounded soldiers between 12 noon and 1pm. Several of the tourists and shepherds who happened to pass through that village on the particular afternoon had also heard this horrifying noise of a battlefield. The villagers were terribly frightened and started running away. Soon they found themselves surrounded by the armed force on horses. The soldiers were all loaded by heavy weapons. One side of the army-men was holding the flag of the Parliament and the other side was the royal military. This replay of a war of several centuries ago continued for about an hour. Many villagers even fainted due to this horror of a 'Ghost Army'.

The experiences of these kinds are often found to be more frequent in the areas, which were once upon a time part of some battlefield, cantonment or graveyards. One such field in Madras was also in the news for quite some time. Once in a year, people used to experience the camping of some army of early centuries. They would clearly hear the neighing of hundreds of horses, the terrorizing sounds of the *Raṇabheri* (bugles of battlefield). The soldiers, their horses and elephants, the tents of their camping would also be visible in the faint light of the evening.

At a superficial level of scientific thinking, one might discard such experiences as frauds, illusions or blind faith. However, those who have deeper vision into the existence of higher dimensions – especially the fourth dimension (of time), beyond the three-dimensional space in the periphery of our perception, would prefer scientific investigations in greater detail. They accept this possibility as realization beyond the spatio-temporal constraints of physical existence. However, the basic question that puzzles them is – "how to experiment in this abstract domain of existence?" Some researchers of this branch of physical sciences are also keen to resolve whether one could travel in such higher dimensions of existence, in any domain of past or future at will? If yes, how?

The science of *yoga* provides an answer. It affirms the possibility of such experiences in reality with the help of aroused faculties of consciousness hidden in the human mind. The *Puranas* cite ample examples of the ancient *rishis* who were able to know and describe the past several lives of any one so precisely as though they were watching a live telecast of the corresponding events. The *yogis* of the later ages too have proved that the supernormal attainments of the *rishi* age are indeed feasible for a devoted *sādhakas* who enlightens and merges his mind in the sublime core of spiritual powers of the inner self.

The *sādhanās* of *yoga* are known to enable emancipation of individual consciousness from the bonds of space and time that normally restrain its gross domain of experiences in the physical body. And thus let one realize the higher dimensions of existence in what otherwise remains a subtle or anti-world for us. The past phases of time too, as specified in the theory of relativity, exist in such 'subliminal' dimensions. The *siddha yogis* without leaving their physical (gross) body can therefore access the past as a live instance of the present.

According to the Indian Philosophy of *Karma*, the existence of an action (deed) of the past will remain alive (in the present and the future too) till the concerned subject has experienced the pleasures or penalty of its *phala* (ultimate reaction or consequence). The 'online recording' of the *karmas* performed by us in any instance of time, in any life, remains alive in the inner core (called *citta*) of our

mind. This is what is referred in the Sharstrik Scriptures as "Chitragupta", who maintains the 'gazette' of one's destiny.

The Indian Philosophy affirms the individual consciousness – the soul element, as inseparable from the omnipresent, eternal consciousness. It therefore has a reach in the infinite dimensions of existence too. We do not experience it in the gross body because we, though inadvertently and ignorantly, experience the relative existence of our perception and conceptualization as absolute. Our conscious mind remains engrossed in this mirage of the present time and the 3d-space within the periphery of its perceptions. The moment our inner mind gets aroused and activated, it experiences the subtle world as alive, beyond the boundaries of past, present or future.

It is a pity that the science of consciousness that was discovered and employed in reality by the Indian *rishis* and *yogis* of yore was largely misinterpreted or misused in the medieval times of history and still continues to be so in the modern times. The immature *sādhakas* driven by the excitement of success in the initial stages of *siddhis* and the fake *yogis* have made "*yoga*" as a profession to cheat and exploit people in the name of miracles and magical attainments of *tantra* and *yoga sādhanās*. This has, to a great extent, waned out the faith and interest of the scientifically enlightened minds in this great ancient science.

The fundamentals and depths of knowledge generated under the science of *yoga* is supposed to be so vast and complete that its validity and relevance could be researched and experimented even today. The modern scientists interested in investigating the timeless existence may come forward and re-establish the facts concerning the live experience of the distant past – that have been approved by the science of *yoga* since the time immemorial in history.

Precognition – Philosophical Vision and Scientific Reality

"How could one visualize the future or have premonitions…?" Before discussing these issues, we should keep in mind the cyclic flow of time. Time is not absolute. We have divided its relational realization in three phases – the past, present, and future, as per our experience and convenience. What we have experienced in the present goes into the domain of past and what is yet to happen or to be experienced is supposed to exist in future. The scientific interpretation of time as a multidimensional phase implies that the seeds of future are sown in the present, or that, one end of the future-interval of time always lies in the present… Therefore, likewise an experienced farmer, who could predict about the time-duration of sprouting, quality of the crop or fruit etc, just by looking at the seed, we should also, to some extent, be able to envisage the near future based on the present.

We have discussed in the earlier section the different levels and types of vision of the future, which express the distinct wisdom and specialized training of the mind. Here, we look into the rather rare and deeper reflections of (inner) mind associated with precognition and prophecy.

Dr. J. D. Wassermann, a distinguished Mathematician and Physicists of the University of Durham, England opines that – man can have the premonition of future because the pattern of every event in the cosmos exists in the timeless impulses of the mental domain. Every component – material or conscious, within or beyond the expansion of space, is subliminally connected with these impulses.

In Swami Vivekananad's views – "This universe, described as a macrocosm, is a limitless repository or infinitely many microcosms. The latter correspond to the perceivable as well as the subliminal entities that have an existence in the timeless expansion of the cosmos. Be that the tiniest particle of an atom, a beam of energy waves, subliminal presence of events in the infinite folds of consciousness, or the existence of plants, trees, and living beings like the microorganism, insects, birds, animals, men, etc…, every microcosm is an eternal component of the macrocosm. This is what is described in the Vedanta as – "*Aṇu me Vibhu*" – the existence of the ultimate in the subliminal; like that of the ocean in the tiny droplets of water. The microcosms have perfect coherence and linkage with the macrocosm and hence with every vibration of the infinite ensemble of the microcosms. This is what forms the basis of the science of precognition – the realization or vision of the future events, of the unknown…, in the inner domains of mind".

William Von-de-Venotz remarks that – "Every man and woman is endowed with the potential to arouse his inner intellect and see the future in the mirror of mind as clearly as the present… The great visionaries and prophets of the world could foretell the future even thousands of years ahead of the present because of the arousal of this hidden power… They used this gifted vision to enlighten the masses age after age, and guide the righteous way to people's present course of life…."

Professor Adrian Dons of the Department of Physics in Cambridge University had signified in a seminar in 1965 that – "The impulses of future events generate some kinds of waves in the present. These collectively may be termed as "Psytronic Wave-Front". The neurons in human brain can catch their vibrations and thus acquire the information about the corresponding future instances… Notably, the frequency of the psytronic waves matches with that of the alpha waves emitted from the human brain. Thus, if the mind remains alert and there is significant rise in these impulses (alpha waves), the process of receiving the signals of future becomes quite feasible and natural….".

Loyal Watson emphasizes the possibility of precognition in his book "Super Nature". He refers to a three thousands years old volume "*Iching*" – meaning "Book of Changes" in this context and asserts that –– "Effective inference of the pattern of subtle changes in the present and associated planning for the future could be derived from higher dimensional geometrical computations. Human mind is endowed with such potentials. Mrs. Jean Dixon used to view the future in a crystal ball with the help of this aroused power of her inner intelligence…"

According to Prof. Watson, each one of us can invoke the inner inspirations and develop the faculty of precognition… Some visionaries make 100% accurate prediction or prophecies because of the divine consciousness or the afflatus in their inner mind. In some spiritually electrified minds this power emerges by active linkage of their individual consciousness with the cosmic consciousness which enables sensing of the subliminal signals from the timeless domains of Nature as per the focus, depth and intensity of their mental concentration. Some people are born with this gifted power because of the intrinsic assimilation of their mind since the earlier lives. Maharshi Arvind, Nostradamus, Caero, etc are among the professed seers and astrologers of the present era, who possessed supernormal vision and precognitive brains.

William Cox was a mathematician of America. He had conducted an interesting survey of the people who escaped death or serious accidents because of last minute cancellation or change of travel plans in view of a premonition or some unknown inspirations… He gathered the details of prior reservation, cancellation and lists of boarding passengers, on several ill-fated trains and airplanes, which

met with tragic accidents. He found that the average number of passengers on the days of such accidents was smaller than that on the other, normal days… Significantly, many of those who had cancelled the bookings a day or two before the mishap or who had not boarded the particular flight or coach at the last minute…, had done so because of some unprecedented inner call, doubt, or premonition. Cox says the noted fall in the number of boarding on the doomed days as compared to that on any other (average) day, cannot be attributed to just a matter of chance. Moreover, common experience of so many people on such occasions cannot be neglected as a mere coincidence. In his views, these are some instances of cosmic instruction or warning that might have been sent to everybody, but some could not follow it because of ignorance, dormant or blunt state of inner mind, or a stronger call of death. He describes the active reception of cosmic signals by several people simultaneously as a sign of collective awareness or precognition through collective consciousness.

William Cox has cited several records of his survey in his paper published in the "Journal of American Society for Psychical Research" in 1956. Let us look at a sample of his report. Several bogies of a train named Georgian were severely damaged in an accident on the June 15, 1952 while it was running between Chicago and Illinois. Surprisingly that day only 9 passengers had boarded that train whereas the average number of its travelers from the records of a fortnight before and a fortnight after this doomed day was between 62 to 64 per day! Similar was the case of the ill-fated train that met with an accident between Chicago and Missouri on 15th December 1952. The statistical analysis carried out by Prof. Cox showed that in a sample of nearly 100 such accidents, about 90% of the passengers had had some kind of precognition of the unfortunate event.

Friday 21st October 1966! At about 1.15am, a deadly volcano had erupted in the Aberphane Mines in Wales, England and gulped the entire village and surroundings in its 5 lac tons of boiling coal. Many people in England had somehow or other had the premonition of this disaster but most could no comprehend or correlate it with the specific location until they read the calamitous news. One man, who had not even heard of the Aberphane Mines or Village before, had sent a report of his dream to a leading newspaper well in advance. He had 'seen' the correct spelling of the village and almost a live 'relay' of the future calamity in this dream. A lady from the same village, who had survived because of being away for work that day, had narrated with tears her nine years old daughter's premonition. Two days before this girl had told her mother about a horrifying dream… She had seen that a black mountain has fallen on her school building and crushed it completely. What a calamity! She along with her entire school got buried in the black dome of volcanic blow in less than 48 hours. Some people in the nearby town had frequently heard unbearable cries, some had seen dangerous mines, and landslide etc in their dreams since

past one to two weeks... Count Yuryiwengmann from Wales had foreseen the volcano eruption in toto on the Tuesday prior to the devil's day. He had also told his friends about this dream. He even feared that Wales might suffer a calamity on a Friday.

David Booth, an office manager in Cincinnati (Ohio, USA) had experienced the premonition of a plane crash successively for about a week. It was sometimes in May 1979 when he repeatedly saw (in dreams) a plane of the American Airlines being exploded in space; several dead bodies being charred in its flames… Even while sitting awake and thinking on some other topic this horripilating scene used to appear before his eyes as though he is watching a horror film. On 22nd May 1979 he reported this to the Federal Aviation Authority and the ground office of the Cincinnati Airport and also consulted a psychiatrist in view of this unprecedented experience. The concerned offices recalled his warning and request four days later when – on 26th May 1979, the ADC-10 Jet of the American Airlines crashed before landing on the Chicago international airport. This was the worst ever accident in the history of American flights. All the 275 persons on board – including the crew were burnt alive into ashes in this horrifying tragedy. This rare example of live-premonition is discussed in detail in the volume no. 5 of the "Unexpected Mysteries of Mind and Space".

The realization of precognition usually occurs in the inner domains of our mind – especially in the active state of the unconscious mind when the latter is prepared to catch the cosmic signals (of the *psyctronic* waves or the macrocosmic vibrations…). Most of us do not remember or comprehend it because of our carelessness, extrovert attitude and excessive involvement in the astray movements of our agile (external) mind. A scientific approach and sincere endeavor towards arousal of the unconscious mind could bestow the otherwise 'impossible' or 'supernatural' faculties of precognition on our ordinary minds too. This would enable prevention and precaution from adversities, and optimal and timely harvesting of the auspicious opportunities stored in the future.

The Other World – Some Unresolved Riddles

As scientific investigations are moving into the micro-subtler domains of matter and energy, the arrogance driven by the early impressions of conquering the Nature is waning out. Quite a few scientists now accept the possibility of the subtle world and recognize the existence of extrasensory potentials of human mind to experience it. The unresolved mysteries of Nature and supernatural incidents of the kind described below pose open questions before the others who continue to deny such possibilities.

David Lang was a farmer in Tennessee, USA. His farm was located in the Samna County, about 12 miles away from the Gelatin Township. On 23rd September 1880, in the afternoon he went to his fields spread in about 40 acres land. His wife and two children also accompanied him. While the family was strolling in the fields, he went little ahead to see how the new saplings were growing. But, all of a sudden, he disappeared! Incidentally, his brother was coming towards the farmhouse in his cart from the other side. He also saw David walking in the fields. He was about to call the latter but was stunned to see that David was not there the next moment! His brother thought it to be an illusion – may be David was not there at all. But the puzzle entangled when his family confirmed that he was indeed present in that part of the field…. They all hunted for him every where in the field and around but in vain. There was no trace of David Lang. Where did he go mysteriously? Did the land gulp him? The police, the intelligence, the geologists, all tried their level best but without any success.

Ten months passed. His field had become a grazing spot for the cattle around. His worried family tried to re-initiate farming in the next season. When his children were clearing the fields, they were shocked to notice that the portion where he was lost was covered by grass. The animals had grazed the entire field except with a circle of about 20 feet diameter around this spot. Had they sensed possibility of some strange accident there or experienced something of that sort? Out of emotional excitement, David's daughter made a loud cry calling her father – Oh Dad! Where are you? Are you somewhere around? Please reply…! She screamed several times. Her brother controlled and consoled her. They were about to return back but felt as though someone was calling them for help… The voice was weak, coming from a long distance. But, it sounded familiar. Yes! It was their father's voice. But he was nowhere around. There was nothing hidden in the shrubs around but his call appeared to be coming from beneath that particular peace of land where he was lost in mystery.

After hearing this experience of her children, David's wife decided to live in the farmhouse. She used to spend hours in the field – calling for her husband in desperation. She too used to hear his voice. Some other relatives and friends had also experienced the same. His voice gradually became meeker and stopped completely after few weeks. Even digging the land around gave no clue of his presence. The mystery remained unresolved.

Some researchers expressed the possibility of a "Black Hole" in that region. These are supposed to be the invisible channels between two worlds. The infinite force of gravity condensed at such spots pulls one forever. Whatever be the size of objects (including huge rocks and ships) may also be gulped and lost forever if trapped in such domains of unlimited attraction. Theoretically it may be possible – though with negligible chance, that one reaches the alien land through this channel and could, with some probability, reappear in this world by being pushed back someday by similar force in opposite direction. But even if he returns, it would be like a re-birth for him. All the memory of what happened or experienced by him during and after this 'supernormal' event would be wiped out.

The spiritual powers of the mind are known to be eternally liberated from the constraints of time and space. Therefore some researchers opine that one can traverse through such tunnels in infinity and move across the subtle and the physical world with the help of extrasensory powers. The force of his aroused consciousness in the inner mind would be sufficient to counter any physical force of attraction.

Experts argue that – as the people of this world could go to the other world, logically there should also be a possibility of such arrivals from the alien world. Incidentally, such an unbelievable event was indeed reported in the 15th Century by Saint William Osenberg in Bridlington. He has mentioned of two heavenly children in his volume on "Histeria Rierum Englicarrum". He writes that even today people talk about these alien children and the miraculous incident of their descent on the earth. As per his descriptions –– "It was sometimes during the period of King Henry II (1154-89) when two teenagers of dark green skin came out through a hole on the grounds of "Mary De Ulpits". Their bodies resembled those of the humans except for the arcane complexion. They were wearing some strange dress made up of an unidentifiable substance. Some farmers saw them while these two aliens were roving on the grounds and hunting for something… The villagers caught them and brought to the house of Richard-de-Kelvin".

"The alien teenagers were brother and sister. They learnt fast to understand people's gesture and could also adapt to living in this new world on the earth. The color of their skin began to change. In a couple of years, it gradually turned

brownish like normal skin of human beings. The boy fell ill and passed away in another year. By now the girl had learnt to live like others around. She also learnt the local language and became a member (citizen) of the British Society. Later on she also married the King of Lynn".

"She used to recall that when she and her brother were returning home with their sheep, they saw a cave in the forests. When they peeped in, they heard the peeling sound of bells at a distance. They were driven in by the hypnotizing melody of that sound and went deeper and deeper in tunnel inside, in search of the origin of that sound. But, they found nothing...; they reached the other end of the tunnel and came out in this world. They saw light and huge ground. For sometime they roved around out of curiosity. They were searching for the same hole (the exit to the tunnel) in order to return back. Amazing! They could not see any hole in that ground. They hunted pretty long but failed… By that time it was evening and the villagers returning from the fields had caught them"

"She used to identify herself as belonging to Saint Martin's Kingdom. She had no idea of which direction or on which planet… or where at all her world exists? She used to describe that – there is no heat or sunlight there. However, despite the absence of the light from a Sun like star or planet, it is not dark there. A cooling, dim light, similar to the moonlight, is always present there. According to her, there was another glowing world (planet) in the neighborhood of the world (planet) of her origin, but the two were separated by a gigantic, intractable river…."

Ralf of Cogshell (Essex) has also described of the above-mentioned strange phenomenon in his book entitled "Chronicain Eglicarrum". Jorvez of Tilberg also talks of it in one of his writings. Eminent scholar Augustinean has discussed this event that was first reported by Saint William. He mentions that although several scholars have talked about it with confidence, and that the authenticity of someone like Saint William is beyond question, he personally could not believe it. How could our reasoning accept the reality of something, which has not been observed by us, and which apparently has no rational or scientific basis? However, in view of the supernatural experiences of the people whom he had met and tested on several occasions, and had no suspicion of their making any false propagation, he finally accepted the possibilities of such 'extra terrestrial voyage…".

The theory of Black Holes appears to be the most acceptable scientific explanation for such possibilities. These 'holes' (regions) of infinite gravity could exist anywhere in the universe. Everything, even light is gulped (absorbed) completely in their limitless force of attraction. Whence the name "Black Hole". So far, the presence of two such 'centers' has been identified on the earth. The

Bermuda Triangles between the Florida Costarica and the Bermuda Regions was discovered first. The other, identified on the 18th August 1990, is popularly known as the 'Devil's Triangle' or 'Dragon's Triangle'. This triangular region is located between Japan, Taiwan and Guguana.

Interestingly, the green colored girl from the alien world was described to have reached earth through a long dark tunnel. Scientists also hypothesize similar possibility for those trapped in a Black Hole. Renowned British Physicists and Mathematician, Prof. John Taylor elucidates these hypotheses in his popular book entitled "Black Hole – The End of the Universe". He writes that the force of attraction inside a black hole is so strong that its own mass gets pulled inside and may take the shape of a thin, long 'neck' of a tunnel whose other end may open at infinite distance, in the other world. Because being 'gulped' at infinite speed here, one might traverse across the galaxies in finite time… If one enters a new world through this 'cosmic tunnel' and tries to contact his own world with the help of some advanced instrument, he would not get any signal through this 'direction free' bridge. Time and space have no existence in it. Even if one succeeds in re-entering its other end (that opened in the new world), he may come our in yet another world through the some 'exit' instead of returning back to his original world.

Some scientists believe that there could be many small black holes on our earth. Often the entrance of this 'invisible tunnels' would be closed. However, these may open for some random moments at some point of time. The mysterious incidents like 'gulping of David Lang by his field' might occur in those moments of cosmic contraction of the mass of black holes. It is not yet known or explained by any scientific theory – why and how the black holes 'open' some times or why do they remain 'closed' most of their life? Some laboratories are working on 'creation' of model black hole so that more could be deciphered about their nature. May be, success in this direction would one day enable us visit the alien lands or tour across the universe with the help of such 'inter-universe tunnels' developed by the future technology…!

The ancient scriptures do mention of the existence of the anti-world, subtle world and describe the potentials of the 'divine beings', *rishis*, and *yogis* in travelling across extra terrestrial world, to and from different universes. For instance, the Vana Parva Chapter of the Mahabharata describes that a spiritual scholar named Pandit Bandi had sent some experts of *yajňa* to the *Varūṇa Loka* – the world of Lord *Varūṇa*, through a tunnel beneath the sea. These masters had also returned back healthy and hearty after performing a grand *yajňa* in the other world. These possibilities appear imaginary and allegoric today because we hardly see any *yogi* endowed with such supernormal talents that could emancipate a physical being from the constraints of time and space at will. Neither do we know or get

an opportunity to learn about the original science of spirituality. As discussed by eminent historians and erudite scholars of the modern age, India in the ancient times was enriched with advanced developments in the physical (material based) as well as the spiritual sciences. However, the divine civilization and treasure of immense knowledge was ruined and lost in the historic War of Mahabharata thousands of years before Buddha and Christ.

Distinguished scientists like Dr. Richard H. Bryan support the view that supernatural faculties beyond the spatio-temporal expansion could make possible the voyage across the universe. Dr. Bryan argues in his book on "The Other Worlds" that – as our world exists in the three dimensions of space and the fourth dimension of time, there could also be another world existing in other four dimensions orthogonal to the earlier four. The existence of these dimensions can be shown mathematically. The world in the 5th to 8th dimensions would be beyond the grasp of our sense organs and the scientific instruments because these will be non-existent beyond the first four dimensions. The world existing in the higher dimension would therefore be a 'subtle world' for us.

Although mathematical physics approves the existence of the subtle world by the above kinds of theories, the question indwelling in the minds of the researchers mainly concerns – how to contact, reach, or experience this subliminal world, which is beyond the reach of the modern science. The science of spirituality, because of its focus on consciousness, provides an answer. Refinement of the individual self to the extent of its sublime transmutation enables its natural links with the subtle world.

The crystals of sugar and salt cannot be mixed in their solid forms. However, they both unite inseparably after each is dissolved in water; that is, only when they both lose their individual gross forms and adopt the identity of water. The same is true of the connection and viable linkage between the gross and the subtle world. Unless we emancipate our mind from the peripheries of our selfish attitude and the ego driven identity of our existence in the gross body, how would we realize the subliminal, the omnipresent? The day we expand our ego, our interests and the horizons of our thoughts beyond the limits of "myself" and merge it with "*thy self*", the subliminal linkage of our (individual) consciousness with the cosmic consciousness would be alive. There remains no demarcation on distinction between the self and non-self, the visible and the invisible, sensory and extrasensory, the microcosm and the macrocosm…, thereafter.

Hello, Planet Mars! One Second…., I Am Just Arriving….

Renowned novelist Garry Allen Nott has brought the imaginations of the timeless machine lively in his popular science fiction "Journey by Unways". The hero of this novel traverses across the galaxies in his anti-matter spacecraft. This matter-less rocket flies with the velocity of light and reaches from one planet to the other, in a matter of few seconds to minutes according to the clocks on the earth. No instrument or technology is required to be used in this 'magical' spacecraft. Some super-scientists connect it with the subliminal currents of cosmic energy using their strong willpower and the supernormal charge of their minds. The hero (a super-scientist) becomes weightless after sitting inside this 'imaginary' rocket. He then resolves to go to some place in the universe. The subtle components of this space ship get energized by the force of his determination and mental concentration, and begin to fly at cosmic speed. In next few moments the hero reaches at the desired spot.

The plot of this fiction is interwoven with the imaginations that sound impossible to be ever materialized in the real world. It is simply unbelievable that such experiences have indeed occurred around us! Dr. Zeon Bernhart of Woodland, USA had reported such a supernormal experience of timeless and space-less journey in a reputed American Journal on Parapsychology.

Dr. Bernhart writes– "It was in 1971. My son had gone on the battlefront in the Vietnam War. One afternoon, when I was sitting idle at home, I somehow felt that my son is in a great danger and is calling me… With this, suddenly my body became weightless. I felt as though I am flying… In few seconds, I reached that remote, unseen, battle-field where my son was posted".

"There I saw that my son, John, is inside a tent-house surrounded by fire… A heavy trunk has fallen on his body. He is therefore unable to move. The next moment my weightless body crossed the flames, removed the load from his body and rescued him out side the area caught by fire. He was now standing safe. Few seconds later, I again realized the usual weight in my body and found myself in the original posture at home. All this experience was like a dream to me… I found my wife holding my pulses in panic. She was quite nervous and said – "For few minutes, your body appeared to be in some abnormal (almost dead!) condition …; I was about to call the doctor". When I narrated the strange experience, she too thought it to be a bad-dream…"

He further writes, "It sounds natural the one might experience such nightmares when one's subconscious mind is terribly concerned about the child far away from home, that too on a battlefront. However, I could not accept it… It was certainly more real than a dream. Six months later, John came home on vacation.

He narrated his dreaded experiences on the battlefield – especially the incident of being caught in fire. His descriptions matched with what I had seen and experienced except that he could not see me and felt some invisible power had miraculously saved him…”.

According to Dr. Bernhart’s assertions about the above incident, his mind had received some telepathic message from his son’s inner mind. In the moments of extreme worry though the heart (emotional core), his subtle body got aroused and in no time, it reached thousands of miles away to rescue his son.

The ancient science of spirituality affirms the existence of the subtle body. This ‘mental body’ or ‘energy body’ – the dimensionless expression of the individual self, can reach any where in the universe by cosmic speed (of consciousness) and it can do what is supernatural or impossible for the gross (physical) body. The modern science now appears to be keen to investigate deep into such possibilities, in view of the authentic reports of live examples on extrasensory experiences of separate existence of the subtle and the gross bodies of the same person…

An incident of the above kind of experience was published recently. This concerned the celebrity actress Elizabeth Taylor. When she underwent a major surgical operation, she was given general anesthesia. The operation took several hours. During this, the doctors noticed that her pulse had practically stopped, there was no breathing and her heartbeat also became dead slow. She was almost dead… She could be brought back to normal condition few minutes after the operation. When she regained consciousness from the anesthesia effects, she spoke with a thrill – “I have seen my operation through my own eyes…”

How is that possible? She was unconscious. Not only that, she had also been almost dead for most of that time. She however, narrated before the doctors that – “I was conscious some time after my operation began. But I felt as though I am weightless and flying outside my gross body. I was able to see my body as clearly as you were seeing it at that time. Although, I was seeing my body being cut and bleeding, I felt no pains in that state...”

The doctors thought all this to be her illusion. However, they were stunned when she replied all their questions correctly. She described every step of the operation in detail. “Which tool or instruments was used by which doctor or nurse and when…?”, etc –– everything she narrated so well as though she were watching its video recording. She had even noticed how the chief surgeon was irritated for few moments when he did not find a specific tool in place. The actress also replayed how he had scolded his assistants at that time.

Those, familiar with the Indian Philosophy of life and spirituality will not find anything strange in such experiences. The saints and spiritually elevated great personalities of all ages, across the globe, have experienced and re-affirmed such possibilities. The expert *yogis* can even experiment on the subtle body and manifest it in the physical forms too – like a 'polymorphism' or 'clone' of the gross body. The material based science and the trends of – "believing only what is proved mathematically or demonstrated in the laboratories…" has unfortunately ignored and largely hindered, for long time, the growth of the science pertaining to the subtle body. The modern science is not able to confirm or deny whether the conscious force of life is restrained by the physical body or is absolutely free from the gross dimensions.

It is a welcome sign that some distinguished scientists have come forward to reinvestigate the supernatural existence and experience of the subtle body or the 'mind sheath' in new scientific light. Reputed psychologists and doctor, Dr. Thelma Moss has shown the possibility that every human being could arouse the power to sublimate his conscious energy body (subtle body) and send it thousands of miles away from the physical body in few seconds…

Dr. Moss has offered scientific explanation of many instances of supernatural experiences collected and analyzed by him. One such incident reported by him had occurred in 1908 during the session of the British House-of-Lords in London. The opposition had proposed a no-confidence motion against the then government. The proposal was to be voted that particular day. Looking at the strength of the opposition, it was essential for the ruling side that each of its members be present in the house for voting. But a powerful senior member of this party, Sir Carl Rosh was seriously ill since several days. He was bed ridden. Though he was eager to go and vote for his government, the doctors on duty had strictly prevented him from doing so. At the time of voting, the members were surprised to see that he also casted his vote and was looking generally healthy and fresh. However, the doctors could not believe it, as they had not allowed him (his gross body!) to move out of his bed even for a single minute…!

Reporting another incident of this kind, Dr. Moss writes – "The Legislative Session of British Columbia was going on in Victoria (C.A.). Mr. Charleswood was a member of the legislative assembly. He was keen to attend this crucial session but was unable to move because of sever injuries and sickness. His doctors and family were looking after him. They also could not offer much help despite knowing his earnest desire to be present in the important session of the assembly. He was at home, lying on his bed all those days. However, his colleagues found him present for most of the session! His presence there was also certified later by the photographs taken by some journalists at the time of the inaugural and the concluding addresses in the assembly.

Dr. Carl G. Jung is renowned world wide for his revolutionary research on human psychology. This great philosopher and scientist has described his own experience – of roving out in the subtle body – in his book on "Memories Dreams and Reflections". It happened in 1944. Jung suffered a severe heart attack this year. Doctors found him fighting with death in the hospital. They inferred that he would not be able survive long. Jung experienced something unique during those critical moments. As he recalls –– "I had had astonishing experiences when the doctors were trying hard to inject life-saving medicines in my body… Its difficult to say whether I was in an unconscious or a dreaming state? But, I experienced it lively that I was hanging somewhere in the space I was feeling light like cotton…"

He continues –– "I was able to very clearly see the city of Jerusalem that was over a thousand miles away from the hospital I was admitted. It was like peeping through an open window of an airplane. Then I experienced that I am living in past phase of history. I saw a shadow flying above me. It captured me after some time and inspired me to re-enter my physical body. Suddenly I felt heavy and restricted in my movements. I realized, I was back in my physical body, feeling the terrible pains…! But, this rare experience had given my new light and strength. Now I had no doubt about the eternal existence of life after physical (biological) death. I had experienced it in reality…."

A group of Russian Scientists Drs. V. Inuschin, B. Grischeko, N. Norovova, N. Kerrorova and Gueldulin, had extensively experimented on the interdependent roles of different (bio)chemicals in the bodies of several organisms. Their long-term research concluded that the living body is not only an ensemble of atoms and molecules, rather, it also possesses an energy body – the subtle body. In scientific terms, this energy body is also referred as the 'Biological Plasma Body'. It is said about this body that it is an auto-regulated system of – bioelectrically charged subtle particles and energy waves – that generates its own (bio)magnetic field.

The savants of spiritual science affirm consciousness as independent of the gross (physical) world. Even in the living body, it can be only experienced but can never be 'grasped' or 'analyzed' in its original form by any device.

Further scientific studies on the biological plasma body reveal that the center (source) of this energy body of the humans lies in their brains. The presence of bioplasma is found to be most dense in the neurons and in the region of the *suṣumnā nāḍī*. In view of the continuing advances of science from molecules to biomolecules and bio-energy fields, it appears quite likely that the future developments on science endorse the subliminal nature of consciousness hidden

in these physical manifestations. It may then recognize the fact that experiments on consciousness could be feasible only by its elevation in the mental domain and that no external device or technology can achieve this.

The science of spirituality describes the human brain as the core of manifestation and activation of the subliminal flow of consciousness. The scriptures therefore illustrate the human body as an inverted tree, which has its roots in the brain, stem in the spinal column and branches spread in the rest of the body. The science of spirituality is based on deeper search into the subliminal expressions of consciousness. It mentions of the astral or causal body that is subtler than the energy body and is attributed to be extrasensory body where the soul descents and is manifested in the individual self. The biological plasma body discovered by the modern scientists so far, is a field of vital energy that covers the physical body. This field also gives rise to the glow of the aura around the physical body of a person. The energy body is a sheath of the subtle body and is absorbed in the latter after activation of the hidden force of consciousness in it.

Professor Dr. Herald Burr of the Neuro Academy of the University of Yale has shown that every living being – even a tiny insect or a microorganism, bears an electro-dynamic field (of the energy body) around it. While experimenting on this field Dr. Leonard Robitsch and colleagues have discovered that human brain (mind) has the power to affect this field. The meditative practices of *dhyāna-dhāraṇā* described in the Indian Science of *Yoga* are found to be significantly effective in this regard.

The Shastras mention a great deal on how the *rishis*, *devatās*, *yakśas*, *gandharvas*, *rakśas*, etc of the Vedik Age used to travel across the universe in their subtle body with the help of their spiritually charged willpower and mental concentration.

The authentic reports on the supernatural experiences of people in their subtle bodies and the related scientific findings of the recent times suggest that what is described in these Indian scriptures about the supernatural powers of the *rishis* and *yogis*, etc, might be realized even today. It would indeed be a boon for the space scientists if some subliminal 'device' or 'mode' is available in lieu of the highly expensive, huge and bulky, high-tech space-crafts. Noted scientists of microelectronics likewise Dr. Nicolson assert that, in about fifty to hundred years from now, the developments in electronics would be advanced so much that the researcher would be sent to any planet via electronic beams. Billions of miles away, if a scientist working on another planet would ask some doubt…, his colleague on the earth would reply – "wait a minute, I am just reaching there…!".

The subtle body is indeed such a dimensionless ultra powerful eternal energy 'device' that enables timeless extra terrestrial voyage… anywhere in the cosmos.

The modern science appears to be approaching the horizons of the subtle…, after exhaustive research on the physical manifestation of Nature and material existence. Ages ago, the *rishis* and *yogis* had deciphered this subliminal science by researching into the depths of consciousness. They had established a comprehensive discipline of knowledge in *yoga* and spirituality for experimenting and applying this science towards realization of divine evolution.

Timeless Existence

The volume of air inflated in balloon remains confined to a fixed size. The moment this sheath is removed, it spreads freely and unifies with its gigantic

expansion in the open space (in the earth's atmosphere). The same is true of the human self. Till it lives in the gross body and is attached to the experiences of the latter, its reality is abide by that of the body and its identity remains limited to that of a living toy of flesh and bones. However, as this thralldom of its attachments and ignorance is freed, its existence evolves in the subliminal realms and eventually transmutes it into its infinite origin. Nothing would then be unknown or beyond its realization. This state of sublime realizations is referred as that of timeless existence.

In a normal case, we experience our selves and the existence of the world in the present tense. The past and the future are beyond our reach. Although the present contains the past and the future in its continuous flow, we do not realize this because of the subliminal existence of the latter two phases of time. But, sublimity does not mean false or non-existent. Whatever we utter from the mouth or whatever sound is produced near us appears to be lost the moment we have heard it. But the physicists know that sound is never lost. Whatever we can't hear is existing beyond our audible frequency range. Kindling of fire generates (thermal) energy; this energy would continue to exist even after the fire is extinguished. By the universal law of conservation of energy, this 'invisible' energy would be never lost.

The gross (physical) body dies and disintegrates into the basic elements of Nature that constitute it. But the soul, the eternal flow of life (consciousness) never dies. The same is true of every incident or experience. Whatever we perceive or experience in the present phase of time is only a manifestation of – the unexpressed (what were existing in the 'future' until then) or the subliminal into a form that could be grasped by our conscious faculties and sense organs. The same continues to exist as it is but in a time-domain that becomes 'past' for us.

As discussed earlier, the division of time in the past, present and future is only relative with respect to the experiences or perception of activities in the physical (gross) world realized by our conscious mind. Scientific theories define time as a continuous, complete unit. The past, present and the future are not disjoint in reality. In linear dimension, the present is a continuous interval with the left end opening in the past and the right in the future. Mathematical Physicists have analyzed the possibility of realization of the past and the future in the present under several nonlinear, multidimensional models.

Prof. Emil Duett of France envisages (c.f. "The Dead Past" authored by him) that –– In the coming century, the possibility of traversing in the lost and unseen phases of time will be proved true. Not only that, scientific techniques would make the voyage in the infinite domains of time feasible for mankind. Referring

to a hypothesis on reaching the past, he analyzes that – as time is stationary and everything in the space is moving, in order to access a particular phase of the past, we will have to identify our position, the position of the earth in the space during that time. However, as the earth is spinning around its own axis and orbiting around the sun in a circular domain, and the sun, as well as the entire planetary system, the galaxies, etc, each is revolving around some other non-stationary centers, it would only be a theoretical possibility to locate that spot and thus reach in the corresponding instance of the past.

Einstein's theory of relativity in the ever-expanding universe also supports the possibility of live experience of the past. Advocating the mathematical rigor and scientific validity of this theory, Kurt Godel has gone further ahead in stating that – it would be possible for an old man to meet his own young 'incarnation' during this journey into the distant past. The 'wormhole' principle of renowned physicists, John Wheeler also indicates this possibility. In his view, if one could enter the inter universe connecting tunnels (like the black holes), it is quite likely that one would exit from it in an infinitely distant past or future….

It is quite disappointing for the physicists that despite attractive theories and principles ascertaining the possibilities of timeless experiences, no experiment in the modern laboratories has been able to demonstrate this feasibility. It was around the time when research in this area had almost reached stagnation, that a news item published in "Miami Herald" on 17th August 1958 had revived their hopes…

Quoting the Associated Press of America, this newspaper had reported about unexpected results on an experiment of the United States Air Force. A special infrared camera was installed in an airplane for intelligence purposes. In a trial experiment, this detective camera was focused on a ground that was used for parking. It was supposed to snap photographs round the clock at random intervals of time and record the local clock time. In one such shot, it was found that when it clicked this region from air, there were no cars parked there –– the ground was empty. Surprisingly, upon development, the photograph showed large number of cars parked at the same spot. Further inquiry revealed that the cars were indeed standing there few hours ago… That means the camera had snapped a past instant! This unusual observation had given new direction and support to future research on designing of special purpose radar for 'possible reception' of signals of the past and the future…

Incidents of the above kinds are discussed in detail in the celebrity book entitled "Beyond the Time Barrier" by Andrew Thomas. The photographing of a past instant by the infrared camera – which is something impossible for an ordinary camera, had given rise to new scientific hypothesis. It was postulated that normal

(white) light would not cross through the 'boundary' between the past and the present. However, the infrared light being subtler, could perhaps do that up to some thin 'layer' through this 'barrier' (immediate past up to few hours, for example).

A natural scientific query arose thereafter that – how far could the infrared reach on the other side of the present time. For this, several experiments were conducted on similar infrared cameras in some deserted lands and forests, which were civilized cities hundreds of years ago. But the photographs always showed only what was seen during the present… It was then concluded that the scenes or images that are visible in the present become subtler as time passes. The events of the distant past are therefore so subtle or far in the depth of time-domain, that even the infrared radiation could not reach there. Several scientific groups are now investigating on the possibility of subtler light or energy waves that could perhaps pierce this shield too. Frontline researchers do not deny the potential of the *cetan* (conscious) energy in accomplishing this 'timeless vision'. May be, the identification of some kind of brain impulses would provide the desired scientific clue some day...

The erudite writer of "Time – The Ultimate Energy", Moore Hope explains that – – as consciousness is the subtlest 'element' in the cosmos, it can cross the barrier of time too. Therefore it is possible for the sublimated force of consciousness to reach any phase of time – the past, present or future, beyond any limit. In the state of deep sleep, bonds between the individual consciousness and the body are loosened. This lets the former move freely in its subliminal expansion. This journey of the inner consciousness in the infinity brings new, yet unknown information of the past and the future horizons of time… At times, this information is so clear and occurs in the dreams repeatedly, that the dreamer gets panicked of this unusual experience.

Moore Hope has cited several live examples of the dreams that were precognitive, which had introduced the dreamer with the yet unknown and absolutely new horizons of truth. In many cases, people realized the truth of the dream only when some time in the future they experienced – in reality, the moments depicted in such dreams.

It is generally accepted by researchers that inner consciousness could, in the instants of deep sleep and activation of the unconscious mind, become independent of time and experience any segment of this fourth dimension without any constraint…. However, the possibilities of such experiences in the awakened state are mostly annulled. The major argument in support of this view is that – in the physically awakened state, the conscious mind is so engrossed with the perceptions and feelings linked with the body that it remains

confined to a gross and narrow domain of experiences in the present tense. Rare though, there have been authentic reports of such experiences in the awakened state too and these have triggered rethinking on the above assertions.

It happened in Scotland where the Tomkins family had a huge estate in the countryside there. Thomas Tomkins, a member of this grand family was used to taking long walks in his fields every day. One day he was feeling so fresh and enthused after the regular post-lunch stroll that he planned to go further to peep in the forests far ahead. After crossing his fields, at some distance he saw an old Scottish colony. Strange! He was unable to recognize the route! "How stupid of me? I never came to see these places across my fields…!" – he whispered upon reaching this colony. He went further ahead with curiosity…

There he saw some huts and houses in rather uncommon architect; it appeared to be that of the old times. On one side, there were cattle grazing near a brook. Little ahead were some people seen around their houses – busy in sundry activities. Amazing! This colony was still aloof from the modern trends! The outfits of these fellows appeared to resemble what he had read in the history books about the attire of English people several centuries ago. He tried conversing with some of them but they paid no attention, they all seemed to be deaf to his call. He called for the cattle. The latter appeared to show some response when he shouted loudly….

Back home when he narrated this strange experience at the dinner table, nobody believed it. No one in the family or in his friend circle had seen or heard of any habitation beyond the Tomkins Estate. There was no tribal land either. Thomas took some of them to the same spot, but found a vast ground shrouded with shrubs and some cattle grazing; it was surrounded by a mountain range on the other end. There were no signs of any village or colony. But, he could not accept the earlier experience as an illusion or dream.

Some researchers also explain such rare experiences of reaching in the distant past in the awakened state as real. They express a possibility that if one is engrossed in a particular mood, his focused consciousness is mostly detached from usual experiences of the physical body. In this state, his conscious mind could become relatively free for some time and reach in higher domains beyond the 3d-space and the present time. But then, it would be a state similar to that of deep sleep and activation of the inner mind? How could the conscious (external) mind be regarded as awakened in that case? But, whatever people experience in this unusual state is different from that in the dream. For instance, Thomas clearly remembered what he experienced through his awakened senses during that mysterious journey in an earlier century. This riddle yet remains unresolved… and attractive for the researchers of the current times….

Although the modern science has not yet approved such a possibility, the science of spirituality affirms infinite potentials of the individual consciousness. This field of knowledge also provides the methods of refinement and spiritual sublimation of mind so that it could be trained to reach any horizon of time – beyond all bounds of what is "present tense" for the physical body.

Specific *sādhanās* were devised and successfully accomplished by the *rishis* for experiencing the past, the future, or both at will. The *siddha yogis* and *sādhakas* of the later ages too are found endowed with such supramental talents. Purity and integrity of thoughts, deeds and overall conduct is described and practised by all of them as of foremost importance and essential for every kind of *sādhanā*. Sincere adoption of the prescribed disciplines of *yoga* and unperturbed endeavors of *sādhanā* successively educe sublime transmutation of the individual consciousness. Extra sensory experiences beyond the perceivable domains of time and space then become as natural and easy for the *sādhaka* as that of the present by the gross body in its awakened state.

Time Machine Could Be Real!

We are all familiar with the three phases of time – the past, present and the future. This division is necessary because of the exponential order of magnitude of the difference between the speed of time and that of the flow of events in

Nature. If this gap is removed, the division of time will also lose its existence. Only the present tense would be possible and relevant in that case.

Every activity in this world begins with the present tense, later on it becomes the past experience. The existence of life manifests with the advent of what is its present moment. But the flow of time proceeds extremely faster than that of life. As a result, the experiences of life also get distributed in the past and the future intervals of time. There is nothing absolute in this world. Realization of every movement, every expression, every activity, is relative with respect to time in the physical manifestation of Nature. Only the eternal, omnipresent, subliminal existence of *thee* is absolute… Its expression is not bounded by any dimension… Time or spaces have no meaning with respect to the ever existent, ultimate truth….

Wherever we experience the existence of the division of time, we would also find the difference between the flow of what we perceive or conceptualize and the flow of the time instant in which we realize it… If we could somehow control or eliminate this difference and catch the other ends (the past or the future) of time to experience the present, we might bridge the division of time phase... We could experience the future as naturally as we do the present, if we moved with the speed of time ahead. Similarly, if we attempt backtrack the movements of our life or tune it in the opposite direction of time, we would reach in the past tense in the present moment of our life. The masters of the deeper science of spirituality and consciousness are known to successfully experiment with such experiences in the subliminal horizons of life. However, at times ordinary people too seem to reach in a distant phase of the past or the future all of a sudden and experience the reality of the 'fictitious' Time Machine.

Martin Rhone has reported one such unbelievable but true incident of a voyage beyond the barrier of time in his book "Prophecy of Our Time" (c.f. page 142). September 4, 1956! Mr. and Mrs. Paul McCohen, residents of Inglewood, California had reached Grand Kenyan to spend their holidays In the evening, while they were relaxing in the lawns of their hotel, the couple saw Mrs. Nash and her family passing through the nearby street with their kids and luggage. Both the ladies had become good friends since they had traveled together a year before. Mrs. McCohen did not call her friend today, thinking that she might be tired of the journey.

The next morning, while returning from a promenade after breakfast, they saw the Nash family in the balcony of a rest house. They went in to meet these friends. The Nash couple was taken by a surprise when Mrs. McCohen told that she and her husband had seen them arriving the last evening, because they were in some other town at that time; they had arrived at Grand Kenyan only about an

hour before in the morning. "But how is that possible, we had seen you all from such a closed distance? We did not call you assuming that you were probably tired" – the MacCohen were stunned now! They could even describe the type of outfits that Mr. and Mrs. Nash were wearing and the luggage they and the kids were carrying, etc, as they were looking at this family till the latter crossed the street… Surprisingly, their description was indeed correct except that this family passed through that street this morning and not in the last evening as experienced by the McCohens.

Citing this experience in a report of the "American Society for Psychical Research", Mrs. McCohen writes that –"it was such a clear and lively experience of the future in the present that we still can't believe that it did not happen when we saw it happening…" But, "how could she and her husband reach the future almost seventeen hours ahead?" This remained a mystery forever…!

M. Bruce discusses a similar incident in his popular reportage on "The Silent City of Alaska". A group of tourists headed by the Duke of Albuzi had gone for trekking on the coastal mountains of Alaska in the summer of 1897. They climbed the picturesque hills of Saint Elias one afternoon. While they were crossing a plain region between the hills, they saw an old city. In the words of C.W. Thorton, a member of the trekking group –– "the buildings, the streets, the trees, everything was so clearly seen by all of us that we could not resist the attraction of photographing it. But we found nothing, as we reached that spot. The city (its scene) had disappeared. The stunned members still kept talking about what they had seen. Some argued that the buildings were a part of the old city of Bristol in England. For others, it was a sight of the ancient city of Alaska. Whatever be the case, one thing was sure that what they saw as real did not exist in the present. This hilly region was not inhabited by any one since past fifty years or so and was still the same that day.

Significantly, several other tourist groups have also experienced the same in the valley of these mountains. It is said that the mysterious city of the ancient times reappears momentarily every year some time between 21st June and 10th July. It is argued by some researchers that the region seems to have some hidden force that gets activated in the above period of time and pulls the people and everything existing there in the past behind a long span of time. This is how people experience the distant past as a reality of the present in that state.

Scientific theory also accepts the possibility of such experiences – beyond the reach of the present. Mathematical physics describes several dimensions (horizons of existence) of time. According to this theory, if someone reaches into the higher dimensions of the time of realization of a particular incident or an event associated with a place or a person, he would be able to experience the

corresponding instance of the past or the future as happening in the present. More specifically, the past, present and future exist in a continuous linear segment in one horizon of time. However, they might overlap, exist in a acute angle or superimposed in some other dimension. The mathematical theory affirms it and indicates the possibility of reaching higher dimensions of existence. The could be understood in terms of geometry as realization of the well known three-dimensional (3d-) space from a zero- dimension (dimensionless) single point.

Suppose a particle (or a dimension less point) is moving in a particular direction in space-time, it forms a single dimension (say length). If another line of this kind is drawn in the 3d-space in the orthogonal direction in the same horizon of time, the two together will form a two dimensional plane. If another plane is drawn with help of one of these lines and a line orthogonal to both, then the two planes together, in the same span of time, form a three dimensional volume in the space (with length, height, and width). This process could also be reversed. If the motion of this process is reversed then the three-dimensional existence would reduce to a point.

A cross section of a 3d object gives a two dimensional plane. Successive cross sections of this plane would eventually become a straight line. Smaller and smaller segmentation of the latter by successive cross sections would ultimately reduce into a dimensionless point. This theory implies that a three-dimensional object should also be a cross section of a four-dimensional one and so on.

In other words, if a 3d-object is moved in a specific manner, in a specific direction of existence, then it would constitute a 4d-structure. This possibility has been proved by rigorous mathematics. However, it should be noted here that different movements, projections, or rotations of a 3d-object in the 3d-space (the 'physical' space, as we recognize it) would not constitute a new dimension. These will remain in the same 3d-space despite different views in different co-ordinate systems. Theoretical Physicists have resolved this paradox by defining time as the fourth dimension. Whatever we see or process in the three dimensional space is therefore a cross-section of its four-dimensional existence, the 4^{th} dimension of time remains invisible to us because what we see in the present moment is only a cross section (in the 3d physical space) of its 4d-existence.

The experts further argue that if a square is moved up and down up to some height, it will generate a cubical shape (in space). If this "hypothetical cube" were moved in the 4^{th} dimension of time, it would generate a 4d-structure. It should be understood again that such a motion in the 4^{th} dimension (of time) exists, although we can not visualize it in the 3d-space around us. Thus, for us this motion would take place in an 'invisible' direction.

Now one would doubt – "could there be a possibility of other kinds of motions – in other dimensions too?" Yes, such postulates are also analyzed by several groups of scientists. For instance, consider the invisible relative motion, which every element, every being, on the earth has got. Even if something appears static here, it is actually moving with the speed (and in the direction of the motion) of the earth. But, this is a latent motion because of the relativity… Thus, every 3d-object on the earth in the visible world around us is a cross section of an absolutely 'hypothetical' object whose 4th dimension – the duration of time, is associated with the continuous spinning of the earth (and of every object existing on it).

Similarly, the motion of the earth around the sun and that of the sun around the center of the galaxy, that of the galaxy around another cosmic center..., etc, are the higher dimensions of existence. The existence of every object in the space is inseparable from these continuous motions. Although we do not experience them, these motions are scientifically proven realities. All these motions and multiple dimensions of cosmic existence could be realized with respect to the conceptualization of time as the fourth dimension.

Assuming the possible existence of time as duration, span or interval happens to be something easily perceivable or measurable by our intellect. But what could be the other realizations of time? The instances of experiencing a change, repetition, the advent or end of an event or the transformation of the visible into the invisible, etc are cited as examples in this context. The moment something happens or is created, we simply perceive its existence in the 3d-space. (Although it would have been existing before in the higher dimensions of time). A living being comes into existence with its birth. Its existence disappears with the event of death. We can not experience its presence before birth or after death unless we see it in the dimension of time – e.g. that specified in the duration of the time spent after death till the next birth… etc.

The changes experienced by us in the visible (3d) world are in fact an outcome, compounded effect or ensemble of uncountable invisible changes. For example, look at sunrise-sunset, seasonal variations, growth of a plant or a child… These are the events, which are the outcomes of variations in the tiniest existence (continuous flow) of time, but we cannot see the intermediate steps. The intermediate steps of changes exist in the four-dimensional domain (of the 3-dimentsional physical space and time as the 4th dimension) we therefore cannot experience them in the 3d space. Similarly, everything that is perceivable to us in the 3d-space has its original existence (different from what we see or experience)

in the four or higher dimensional domains of existence. That originality can be experienced only in the higher dimensions.

The existence of higher dimensions of time is a reality as affirmed by scientific theories. If we (our mind) could reach (grasp) these otherwise 'subliminal' horizons, we might experience what would be attributed as extrasensory, supernatural or 'imaginary' in the normal or ordinary case for anyone on the earth. We will then experience the past and the future in the present tense. There will be no barrier of time or space in that state. But, how could one reach in this state? Is it possible to reach at specific point or position in the time dimension and thus cognize the past or future of a specific person or object, etc? The answer is affirmative. While the modern science has proved the reality of time-dimension in theory, the science of *yoga* and spirituality offers the modes of experimenting and experiencing this reality through evolved consciousness.

In its dormant and maligned state, the conscious power of a human being could be declined to the level of a lower organism and he may not be able to perceive or envisage what is easily comprehended by his fellow beings. On the contrary, if refined, spiritually enlightened and evolved, the consciousness of a person could reach divine realms and know the unknown anywhere the higher dimensions of time, in the infinity.

Omnipresence of Supreme Consciousness

In the process of continuous evolution, the *jaḍa* components of nature gradually develop towards the *cetan* components. The higher organisms tend to evolve towards still greater expression of the power of consciousness. Everything existing in Nature is endowed with some fraction of the 'spark' or 'impulse' of

the force of supreme consciousness. The higher it evolves the brighter and stronger becomes the manifestation of this subliminal force.

The natural impulse or eternal desire of evolution in every form of the *jaḍa* and the *cetan* is the sign of its linkage with the absolute…. Thy consciousness is omnipresent. The apparently inert substances like stones or solid forms of matter also possess enormous activities in their atomic constituents. The continuous vibrations within the tiny atoms are the source of existence of the material elements. The transformations in the states of matter, generation of energy from its reactions, etc, are the visible effects of the 'activity' in the *jaḍa* (inert) world. It is the eternal current of the omnipresent consciousness that makes possible the subatomic activities and physical expression of cosmic energy. Every flow of energy waves, every kind of motion and activity in the *jaḍa* and *cetan* expressions of Nature reflects its presence. The higher impulses of consciousness – in divine sentiments and aspirations of spiritually evolved minds, reveal this presence more intensely.

The animate (*cetan*) existence of Nature is broadly classified into plants and animals. The presence of supreme consciousness is more alive or aroused in these as compared to that in the inanimate (*jaḍa*) components. In view of the omnipresence of thy consciousness, the *jaḍa* elements could be regarded as alive but dormant. The elevated expression of the impulse of *thy* consciousness in human beings makes this species distinct from other kinds of living beings. It is not only the metabolism, hormonal secretion or the auto-regulatory functioning of the highly evolved brain, rather, the immense power of the human mind, that accounts for this distinguished state.

The cell is regarded as the smallest building block of a living body. Billions of such units collectively constitute different parts of the body of a creature, and make the manifestation of life possible. Each living cell is filled with the life-substance "protoplasm". Twelve basic elements – namely, carbon, oxygen, nitrogen, hydrogen, sulfur, calcium, potassium, magnesium, iron, phosphorus, chlorine and sodium are present in this fluid. The specific combination and activity of these chemicals is essential for the survival of a cell. Thus the chemical substances – the *jaḍa* elements, too seem to possess some source of 'life energy', though subliminally and in suppressed state – present in them.

A living body is formed by majestic combination and reactions of infinitely many (bio)chemicals. A tiny droplet of blood is formed by thousands of cells – the red blood corpuscles (RBCs) that are rich in the iron compounds of hemoglobin. The circulation of the white cells (WBCs) in the blood is lesser than that of the RBCs. These produce the antibodies and make the defense mechanism of the body

efficient through immune response. How could the system of cells that are intelligent enough to recognize and kill the harmful invader molecules and microorganisms be regarded as non-alive (dead or inert)? Indeed the marvelous processing of inter-cellular and intra-cellular functions in the human body deserves to be recognized as lively and conscious as a human being himself. Thus, each cell in our body appears to be a living micro system and our body a macro ensemble of these tiny units of manifestation of life.

The research works of the atomic physicists like Dr. Fred Hoyle of the Cambridge University and Prof. J. V. Narlikar of TIFR Bombay and several biochemists of global repute, have proved that –– the fundamental atomic structures of the molecules in the inert matter and in the biochemical constituents of the body are not dissimilar. The latter have specific aperiodic configurations and are macromolecular in their structure. Although the structure, functions and reactions of the bio-molecules are quite different, at the root, the role of atomic energy is the same in their basic constituent elements. From this angle, all the forms of matter, all molecules could also be regarded as 'bio' or 'alive' to certain extent and hence as microsubtler expressions of the *cetan*.

The above kinds of interpretations and analyses imply that the spiritual philosophy of "*Sarvam Brahmmaya Jagat*" (– the cosmic consciousness of the *Brahma* is immanent in every particle, every entity in the world…), of the omnipresence of the supreme consciousness appears to be reaffirmed by the modern science.

Science in the Field of Consciousness

Science is indeed the most prominent power of the physical world. It has unfolded the treasure of Nature and bestowed the world with enormous boons of civilization and intellectual evolution of mankind. From stone age to atomic age, space age, and information age, its progress has reached ever higher goals of

excellence and perfection in the materialistic (manifested in the perceivable world) domains of life.

When we look at the other horizons of life – namely those pertaining to thoughts, emotions, intrinsic sentiments and subliminal impulses of consciousness, we do not see any satisfactory correspondence worth the dignity of humanity. At a gross level, the fields of art and literature, social and behavioral psychology, total health, and ethical and cultural evolution of human society fall in the outer domains of spirituality. Each of these has crucial importance in human life.

Today we do not see a happy picture on these fronts. Despite intellectual progress, man has lost control over his own mind. He is emotionally unbalanced and deprived of moral courage in many respects. Misuse of scientific developments is a live illustration of this fact on the social scene. At personal level, the lack of peace and happiness in spite of materialistic prosperity and the increasing instances of psychological disorders express this bitter truth. Worse appears to be the status of religious and social systems that were supposed to protect and expand the glory of humanity. Prejudices, blind faith, fundamentalism, castism and large spat of social evils and unreasonable tendencies and blind customs seemed to have blocked the glow of truth and ethical power existing in the core of religion.

It is the responsibility of the savants of spirituality – the saints, sages, and *yogis* to nurture these rather delicate roots of life… Today we hardly find true saints, sages, *yogis*, or spirituality elevated personalities, who could bear this responsibility and revive the ancient glory of spiritual values on par with modern scientific developments. Polarization of people's attitude and priorities towards materialistic prosperity, bodily comforts and pleasures has also contributed significantly to the crisis of – lack of faith in inner inspiration and in higher value system of morality.

Then who will show the light of righteous knowledge and endeavor to set the clock of evolution on these fronts?

The non-prejudiced search for truth aimed and practised in science flashes a sight of hope in this regard. It is time scientifically illuminated minds realized the importance of immense potential of sentiments and intrinsic strength of consciousness and came forward to reinvestigate the science of spirituality…

Progress in this direction of research will help create an ambience for positive and constructive use of the (material based) scientific and technological developments. It will also enable fulfillment of the dream of modern science of offering better life to all. Not only this, the unfolding of spiritual knowledge

would open new dimensions of fruitful research on total health and longevity. Most importantly it will enable, viable and balanced progress – without destabilizing the harmony of nature and the ecosystem – that could blossom all fronts of life. Without this, the advancement of science will remain single tracked – against the completeness of the very definition of science.

The seeds of culmination and cosmic expansion of the individual consciousness exist in every human being. The principles and spiritual endeavors pioneered by the ancient scientists (the *rishis*) educe the 'germination' and 'growth' of these seeds of hidden powers. The *sādhanās* devised under the ancient sciences can be experimented in the 'laboratory' of human body and mind even today under the guidance of experienced *yogis* who have stood the tests of time and proved their authenticity. The Indian scriptures on *yoga sādhanās* and spirituality and the volumes generated after an in-depth study and employment of this knowledge in reality present excellent source for referencing and research in related areas.

Modern science has begun investigating the 'esoteric' facets of human mind. Studies on autosuggestion, hypnotism, metaphysics, parapsychology, psycho-cybernetics, and extrasensory perceptions, etc – are recognized under scientific disciplines of research on supernormal faculties of mind.

The higher level experiments at the interface of modern and ancient science may focus on bioelectricity, biomagnetism, brain waves and subtler impulses of vibrations in the inner core of the brain, the endocrine system and neuro-hormonal secretions, under different *sādhanās* of *yogāsanas* and meditation etc. Expansion and strengthening of emotional intelligence, will power etc, can be studied on psychological fronts under this collaborative research.

In any case, care should be taken that the science of spirituality emphasizes on purity of character, altruist attitude and prudent illumination of the divine sentiments of selfless love and compassion. The purpose of arousal and righteous use of the supernatural potentials of mind cannot be served without adopting the disciplines advised for the refinement of personality in this respect. The gamut of elementary *sādhanās* devised by the *rishis* aim at the training and natural conditioning of one's mind, before higher level experiments on spiritual powers could be attempted.

The glory of mankind lies in his enlightened value system, emotional stability and saintly sentiments. Prosperity and development on materialistic, physical, and intellectual fronts would be incomplete without corresponding ascent and illumination on the psychological and spiritual domains.

The deeper knowledge of spirituality deals with enlightenment and arousal of the inner potentials of mind and divine transmutation of humanity. By its very nature, the individual self, the soul aspires for this spiritual evolution. This is what kindles the spark of absolute knowledge and ultimate bliss.

Revival of divine culture would indeed be a reality, if we understand the science of spirituality and adopt it in practice as directed by the great *rishis* – sagacious researchers of the complete science.

Occult Facets of Life in New Scientific Light

All the energy, talents and potentials of a human being are consumed in earning and eating (and in sensual pleasures and related activities) in general…. His life usually revolves around the bodily experiences and its attachment with the worldly affairs. However, little attention on the exceptional talents and experiences with an introvert search would show that human self is much more than what it normally appears to be. The powers of mind are enormous, though much of it remains unexpressed because no attempt is made to activate or employ its higher and latent potentials. The source of spirituality hidden in its inner core is simply miraculous. The sages and enlightened minds of all ages have recognized and emphasized the need for elucidating its importance in human life. Brain researchers of the modern times have also begun searching the internal and unexpressed facets of human mind in new scientific light.

The American Universities at Wisconsin, Washington and Auckland have full-fledged faculties for the studies and research on *Mantras* and *Tantras*. These are recognized as the areas of integration of science and philosophy. The fields of spiritual knowledge that were attributed by the modern scientific community to "Mysticism" or "The Rhetoric of Darkness" are now being reinvestigated as new areas of research. The University of Auckland has also incorporated the study of *tantra* based exorcism in its curricula of alternate and ancient systems for psychiatry and mental health.

The initial success of the experiments of Prof. Joseph Rene of the Duke University has accelerated research in the so-called 'occult' or spiritual faculties of human mind and decipheration of the ancient sciences. The research findings of Dr. Robert Dunne of the Princeton University have scientifically affirmed the astonishing potentials of will power. Nobel Laureate Dr. Bryan J. Mann has given a new scientific dimension to the occult facets of human self in terms of subtler analysis of quantum mechanics with respects to the 'energy' of consciousness. He argues that parapsychology and metaphysics are as scientific as any branch of physics. He has advocated scientific recognition of the spiritual powers of the human mind. Prof. Leonard Vasilyev of Russia has also derived similar conclusions after extensive research. He emphasizes the need to make people aware of their hidden powers and encourage creative use of the same towards brighter progress of human society.

Until the last century, the topics of spirituality or subliminal domains of mind were scorned off as unscientific or offshoots of superstitions, blind faith, or illusions. But the advancement of science into subtler forms of material existence

and energy, realizations of the complexity of human brain and the endocrine system – beyond the reach of scientific knowledge today, have changed the scenario. Authentic reports of the real and verified incidents of the expression of supernormal potentials of human mind – that remain inexplicable by scientific principles or laws of nature, have significantly contributed to this molding of the earlier trends. Deciphering the yet unresolved riddles of nature and the secret folds of consciousness are now being viewed as the challenging goals to be targeted by the advanced sciences in the new millenium.

According to a survey conducted by Prof. M. Weigner of the Psychology Division of the University of New York, about 9% of the American Professors of high repute endorse the supernatural powers of human mind as reality and over 45% accept its strong possibility. The scientists of the communist countries are also encouraging research on these aspects. Despite their general disbelief in God or any religious school, they have recognized the power of consciousness and hidden core of supernormal faculties in human mind that cannot be explained in terms of the material based modern sciences.

It is a good sign that spirituality is no longer viewed as a domain exclusively pertaining to religion. The so-called 'atheists' have indeed made a welcome beginning in emancipating this great field of scientific knowledge from the folds of unscientific practices and prejudiced convictions spread in the name of religion. Scientific interpretation of spirituality as the science of evolution of consciousness or as enlightened psychology of the deeper depths of mind and emotional core has laid the foundation of constructive research for progress in the related areas.

The Individual Mind Vs the Cosmic Mind

The existence of cosmic mind and its interaction with the individual mind is becoming clearer and better recognized with advancement of research and augmentation of knowledge concerning the human mind and consciousness. Distinguished physicist, Paul Davis writes in his book entitled "Super Force" that there are ample live examples of the cases where people have reached the needy – in the critical moments, by the force of some unknown inspiration. He regards these as evidential examples of the subtle 'medium' or 'linkages' that connect the minds of the two individuals and helps the call of the victim reach the rescuer. H. Marowitz discusses these aspects lucidly in more detail in "Other Worlds".

He argues that the mind of today's man is significantly more alert, trenchant and receptive as compared to his ancestors in the Stone Age, or in the early stages of civilization. His point is that greater force of consciousness is required for brighter intellectual progress. Thus, in his views, with intellectual and scientific evolution, the conscious power of human mind has also expanded gradually and has become more perceptive to the subtler signals of thought waves.

The tools used by the man of the Stone Age were primitive like his blunt or less evolved intellect. Affirming that it is the vital energy of consciousness that conducts the intellectual processing too, he regards that the expression of consciousness also was in its primitive state in that age. As the consciousness of man evolved with time, his intellectual potentials excelled and brought him in the advanced age of amazing materialistic achievements today.

He associates the evolution of consciousness with simultaneous expansion in its domain of contact with gradually higher horizons of evolved consciousness. He writes that the scientific brain of the 20th Century was able to derive the Grand Unification of the Strong and Weak Nuclear Forces, Electromagnetic Force and the Gravitational Force. He argues that this could not have been possible half a century ago because, only after brighter illumination – through subtler domains of cosmic consciousness – one's mind would have been able to visualize this unification. In sum, his theory implies that brilliant ideas could flash in the mind only through subtler powers of consciousness induced from the Cosmic Mind.

Marowitz further explains that contacts with a subtler world (of higher levels of consciousness) become possible only after making best use of the knowledge and inspiration received from the existing connections and communication with the latter. There is nothing like a leap or a jump in the natural process of evolution.

The author's theory assumes great relevance if we evaluate the journey of scientific research from the gross to the subtler layers of matter… In the early days of physical sciences, the discovery of molecules in crystals itself was a revolutionary break through. There after, for quite sometime, the atom was recognized as the smallest unit of matter. Then the advancement reached up to the discovery and study of electrons, protons and neutrons, and successively to the quantum theory, subatomic particles, super-strings, etc, the search into the subtler domains appears to be endless now. It seems that with gradual progress in the deeper domains, the modern science would one day also discover the sublime existence of consciousness. Then it will not be difficult for it to elucidate that –– The gross or perceivable world is nothing but an expression of the omnipresent subliminal consciousness; The *jaḍa* is a manifestation of the *cetan*[15] ; The *aparā prakr̥ati* (visible form of Nature) is a reflection of the *parā* (the invisible, the subliminal).

The conscious or external mind and intellect bear immense importance in human life. But, more significant is the source that inspires and empowers them. More crucial is the subtle core of mind – the unconscious or inner mind, because, it is supposed to be the invisible source that gets connected with the subliminal impulses of the cosmic mind and educes evolution of the conscious mind and intellect…

Albert Einstein had once said that, the day modern science will break its 'narrow views' – of regarding the gross world as the ultimate reality, it will enter the limitless, world of eternal consciousness. It will then unify with the science of spirituality – what it right now terms as a philosophy. This will indeed happen one day because the search of truth endeavored by either discipline, although via different directions, has to reach the common goal – the ultimate truth!

Commingling Of the Individual and the Cosmic Consciousness

The Indian Philosophy affirms two forms of existence of Nature – *Aparā Prakr̥ati* and *Parā Prakrati*. *Parā* refers to its physical manifestation that can be perceived through the sense organs or grasped and analyzed with the help of scientific instruments… The domain of modern scientific research originates and expands in the decipheration and use of the *aparā prakr̥ati*. The *parā prakr̥ati* exists in the subliminal domains of consciousness. Until recently, scientists regarded the *aparā* form of Nature as the ultimate. For many, consciousness was simply an impulsive force generated by specific vibration of subatomic particles. However, the advancement of science into deeper domains of brain research and mental potentials seems to have widened their attitude. Now the existence of *parā prakr̥ ati* is not shunned out as imaginary or baseless.

The domain of consciousness is often referred as the subtle world… The scientists are now recognizing it as something beyond the atomic activities and the (electromagnetic) energy waves of light, heat and sound in the space. The subliminal existence of (the *parā*) Nature and its activities are regarded as an expression of cosmic consciousness. The power activated in lightening of an electric bulb is a fraction of the electrical energy pervaded in the space. Similarly, the individual consciousness is an impulse of a specific manifestation of the cosmic consciousness. The individual consciousness may be regarded as a 'spark' emanated from the limitless eternal 'fire' of the cosmic consciousness.

The mind of a person and his individual self, have their specificity and powers but this is not totally independent of the cosmic consciousness. Rather, it is an integral part of the collective consciousness or the cosmic mind. This can be understood by the example of a society. Each one of us, by nature, is a social being. We are all integral components of the human society. One can't be totally independent or isolated from the society. Even if one lives aloof or does not socialize, he cannot claim to be free from the natural linkage with the society. Whatever he eats, whatever he acquires or delivers in terms of knowledge, talents, essential activities and potentials of life would not have been possible without the existence and direct or indirect involvement of other people….

The *yogis* and ascetic saints, who live in solitude on the high mountains also receive the guidance of their spiritual masters, or minimum help from some other *yogis* – in person or through the latter's books and scriptural knowledge…. Some part of their life must have also been supported by their families or the society… They would not have been able to walk, talk, or attain any knowledge without this direct or indirect support… Even in the caves, they need some minimal support – e.g. a *Kaupin*, a *Kamaṇḍalu*, firewood, fruits, etc, for sustenance

of the body. Here again, the contribution of others – who have made or supplied those things, or who have helped the trees grow and fructify, cannot be denied. Sociologists elaborate these points quite strongly with the argument that it is the 'social life' that has made the distinction of man from the animals possible. His ability of living in the system of the society – that nurtures collective efforts and mutual co-operation, has laid the foundation of his cultural development and civilization.

We all, despite being independent in a democratic society, are not disassociated with it. The same way, the functioning of our mind, in spite of its independent thinking and individualistic nature, is never isolated from the cosmic mind. The force of consciousness active in its core is generated by the eternal impulse of cosmic consciousness. Leave aside the visionaries, trend setters and sagacious personalities, in general, we find that most people do not even possess independent thinking. Their convictions, liking and modes of living too are driven by the trends in their social circle. The ambiance created by the flow of people's thinking in a common direction – is most effectively seen at the times of war, general elections, social events, or festivals, etc. The same tendency of 'being with the society or the majority' or 'following the widely accepted trends' enforces expansion and propagation of religious practices too.

The superstitions, blind faith and unwise traditions spread in the society of the medieval times are historical examples of the influence of the 'social mind' on the 'individual mind…'. The drastic changes seen with the advent of western intellectual and scientific ascent have also spread across the world so effectively that even the basis of religious faith and ethics of humanity appear to have been shaken to a great extent. What cannot be proved by mathematical logic, scientific theory or in the laboratories is discarded as false and illusory as per these modern trends.

There might have been a time, when people lived with altruist sense of sacrifices for high ideals of humanity. Now there is hardly any respect or faith in such ideals. Inquisitiveness of intellect also is largely seen revolving around the bodily experiences and the accessories for its amenities and protection. Materialistic possession of comforts, wealth, power, name and fame are the common goals of human life these days. Competition for these achievements appears to be the predominant occupation of people's mind and day-to-day life. The mushrooming business of advertisement and fashion are prospering because of this 'common mentality'.

These examples of the influence of 'social psychology' on the trends of life at individual levels clearly illustrate the inevitable role of collective mind. The

influence of the subliminal world of collective consciousness on the individual self are rather subtle but more intense and deep.

At a gross level, individual consciousness expressed in the conscious or external mind seems to be involved in the activities and thoughts pertaining to the body, its pains and pleasures and the intellect driven by ego. It seems that the existence and experience of the body are prevalent in every front of life and the mental faculties too are empowered by the subliminal force of consciousness for the purpose of the safety, healthy growth and congruent sustenance of the sentient system alone. The domains of intellect under the influence of ego also remain confined in one respect or the other to the periphery of worldly pleasure and powers only.

But is this true? Is mind a subset of the body? Little thinking and deeper look into the mind would reflect that human mind is indeed more powerful and vast than what it appears at a superficial level. It is the mode of expression of the individual consciousness and is also the medium for the linkage of the latter with the cosmic self. The investigations into deep psychology and supernatural faculties of mind have, to a large extent, led to the acceptance of the superior power of the unconscious (inner) mind vis-à-vis the conscious (external). The quest for unfolding its subliminal connection with the cosmic consciousness now appears an important factor in directing future research on human brain and mind. Research on ideosphere and influence of thought waves on brain-impulses is also as attractive and challenging today as that of revealing the existence of the unconscious mind.

The science of spirituality describes the inner mind as the center for the commingling of the cosmic impulses of the supreme consciousness and the individual consciousness. It is in this core hidden in the extrasensory centers of the brain that the eternal linkage of the individual self (*Piṇḍa*) and the cosmic self (*Brahmāṇḍa*) is expressed.

The perpetually interwoven existence of the *Piṇḍa* and the *Brahmāṇḍa* can be understood by many examples in the world so well known to us. Look for instance at our earth! It revolves in its fixed orbit in the space and shelters magnificent expansion of life and Nature with its enormous resources. Thus, it appears to be independent and self-reliant. But, as any student of science or geography would know, this planet, likewise any other in the universe survives on mutual co-operation and continuous balancing of resources by a harmonious system of giving and taking. It is the optimal descent and reception of the solar energy that maintains the atmosphere on the earth. This is what provides the energy essential for all the activities and sustenance of life on this planet. The earth too, remains bond by the natural affinity (force of attraction); it never stops

looking at the sun and continuously circulating around the latter. This unperturbed 'affection' and 'sincerity' of the sun and the earth for each other reminds one of an ideal couple of lovers.

The other planets of the solar system also consistently co-operate for each other's survival. The effects of moon and regularity of its association with the earth is easily seen in the geomagnetic variations with the position of the moon; or in the high and low tides in the sea with the growth and reduction in the intensity of moon light on the earth. The variation in the growth rate and blossoming of the plants, vegetables and fruits with the above are remarkable and justify the simile of the moon as a source of 'amorous inspiration' for life on the earth.

The earth consumes only the desired amount of cosmic energy received through the North Pole and gratefully returns the unused back through the South Pole. It receives unlimited varieties of bequest from the other planets (and stars) and also offers them a lot as a 'mark of acknowledgement' or 'expression of gratitude'. The same is true of all the planets and stars in the galaxies and of the colossal ensemble of the galaxies in the ever-expanding universe. Each exists because of the mutual forces of attraction and maintaining its motion in the compatible orbits as per the 'convenience' of the others.

Every component, every unit existing in Nature is associated with the other like the members of a grand family. This is an ensemble of the *jaḍa* and the *cetan* Varieties of manifestations of life emerge here in different kinds of creatures, expressing their 'individual' existence… These are eventually absorbed in the *cetan* after leaving the *jaḍa* factors of the body in their original form in due course of time. These manifestations are like bubbles in the timeless flow of the 'cosmic ocean' of nature.

In scientific terms, our world is a gigantic repository of power. This ocean of power consists of two endless currents – one manifested in the physical energies and the other in the expression of life. The commingling of the two eternal flows induce the dynamic existence of the world and the evolving cycle of life.

The front line researchers of science no longer regard life as a consequence of (bio)chemical reactions. The expanding knowledge of neuroscience has begun to see some factual basis in the ancient theories of the inner domains of mind and the existence of life (in the *cetan* component of the world) after physical death. The Indian sages of yore – the *rishis* had realized this truth, ages ago. They had visualized the existence of the *jaḍa* and the *cetan* forms of Nature and the infinite spectrum of life sparked by the commingling of these eternal expressions. This is what was referred as the *aparā* and the *parā prakṛati* in the scriptures.

The knowledge of the physical manifestation of Nature (*aparā prakṛati*) deciphered by the modern science is – as Albert Einstein and Newton had put it, is like collecting some shells and oysters from the seashore. The pearls (of knowledge) hidden in its depth are yet to be discovered. This won't be possible by sitting at the beach or taking a random dip here and there in the shallow waters. One will have to dive deeper and deeper to measure its hidden depths….

The limitless expansion of the *cetan* (in the *parā prakṛati*) can be experienced and researched only by activating the linkage of the individual consciousness with the cosmic consciousness. Great heights could be achieved only by climbing upwards… This ascent in the level of consciousness enables transmutation of the insignificant, tiny existence of the individual self into the grand, the supreme.

In its average awakened level, the consciousness expressed in the individual self, fulfils only the ordinary requirements of life – focused at the body and associated activities of the intellect. The extraordinary, exceptional arousal of its otherwise dormant power stimulates its subliminal vibrations in the inner mind and enables its communication with the cosmic consciousness. Extrasensory potentials and supernormal attainments are realized in this state of elevated and 'electrified' spirituality.

The *sadhanas* of *yoga* aim at this spiritual transmutation of the individual self into the divine self and commingling of the individual and the cosmic consciousness. Literal meaning of *yoga* is – joining, adding, conjugating,… In terms of spiritual philosophy and science of consciousness, it encompasses the gamut of ascetic disciplines and endeavors of *sādhanās* that unite or link the inner mind, the inner self with the super conscious vibrations of divinity and bestow absolute realization of the cosmic or supreme consciousness.

The success of *yoga* depends upon the extent and intensity of dedication that continues with unperturbed faith. The arousal of the inner mind of the *sādhaka* accelerates coherently with the *sādhaka*'s progress in these endeavors and accordingly endows him with spiritual, mental and physical strength.

The individual self has its limitations, weaknesses, ignorance and scarcities in different dimensions of life. It is incomplete and is bond by the perennial search for the nectar of peace and unalloyed happiness. This eternal quest motivates its journeys, life after life, and all its activities – be those in the external or worldly domains of life or the inner world of emotions and intrinsic aspirations.

As the merging of a river in an ocean expands its identity into that of the ocean, the association of the inferior or weaker one with the august, the superior one, arouses the status of the former, the same way devotion and active linkage of the

individual consciousness with its cosmic origin excels it up to the high realms of omniscience. Complete knowledge and control over the *jaḍa*, the *aparā prakṝati*, also comes as a consequence.

What the individual consciousness attains in the present life depends upon its evolution in the *cetan* world. The higher it evolves, the greater it reaches up to the elevated realms of divinity and the stronger and livelier becomes its linkage with the supreme consciousness. His supernormal talents and potentials in the physical, intellectual, mental and spiritual domains too expand accordingly. This is what is reflected in the enlightened lives of the great *yogis* and *siddha sādhakas*. The ultimate stages of evolution of consciousness lead to the unification of the individual with the cosmic self, of the soul with its supreme, divine origin. This is realized as the descent of God in the being.

Footnotes: Glossary of terms from Shastric Literature

Samskāras: The intrinsic tendencies inherited from the previous lives and the past phase of the present life.

Brahm Muhurt: The early hours of morning before dawn.

Suṣumnā Nāḍī (cosmic nerve) refers to an extrasensory energy canal inside the central core of the endocrine (spinal) column.

The *iḍā nāḍī* is supposed to be an extrasensory canal on the left of the *suṣumnā nādī* in the solar nerve hidden inside the endocrine (spinal) column.

The *pingalā nāḍī* is supposed to be an extrasensory canal on the right of the *suṣumnā nādī* in the lunar nerve hidden in the endocrine (spinal) column.

The most evolved and subliminal of the five basic elements that make possible the physical manifestation of being is the ether (*ākāśa tatva*).

Tapa refers to the ascetic disciplines and endeavors motivated towards noble, altruist causes and spiritual sublimation.

The subliminal source of fire and energy is referred as manifestation of God *agni*, that of air and fluids as God *vāyū*, that of natural medicines and vital substances as Gods *aświnī kumārs*; that of directions and space as *diśās*; the God of brilliance and vitality as *sūrya* (the Sun God), the God of beauty and soothing feelings as *Candramā* (the Moon God).

The *panca tatvas* are namely *pr̥athvī*, *jala*, *agni*, *vāyū* and *ākāśa*. The first four refer to the basic elements or sources of matter and energy and the fifth implies the subliminal domain of existence and expansion of mental faculties.

Brahṁ implies the omnipresent, subliminal expression of the Omniscient, Eternal, Supreme, Consciousness.

Prāṇ-Śakti: Eternal source of the vital force of life, strength, courage, zeal, brilliance and enthusiasm.

The basic tendencies of *sat, raj* and *tama* indwelling in the Nature are called *triguṇa*.

Swadhyāya and *Satsang*: Self education in the light of the inspiring thoughts of great personalities and natural conditioning of the mind in the company of morally elevated people, whose characters and deeds could guide us for the righteous personality development and motivate creative use of our talents too.

Riddhis and *Siddhis* imply divine attainments of pure, absolute intellect and supernormal talents and physical powers.

Kuṇḍalinī (referred as the serpentine fire in the Science of *Tantra*) represents the eternal force of life and its divine evolution that subliminally indwells in the *mūlādhār cakra*. This limitless force normally remains hidden and dormant and could be stimulated and elevated by arduous ascetic *sādhanās* of *Kuṇḍalinī-Yoga*.

Aswamedha Yagya refers to the collective spiritual endeavor of destroying (restraining and refining) all sensual passions and animal instincts.

The radiant energy of the conscious powers of *prāṇa* (vital force) reflected in the mental domain is referred as "*tejas*".

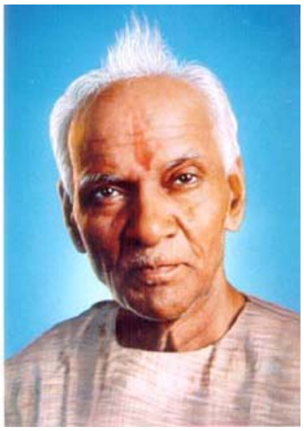
Kāyākalpa implies transformation of an old, weak or ugly body into a young, energetic and charming one.

The word "*Loka*" refers to any horizon or dimension of existence.

Jaḍa refers to the material based or perceivable entities; *Cetan* implies what pertains to the subliminal existence and expression of consciousness.

About the Author:

Shriram Sharma Acharya: A seer-sage and a visionary of the New Golden Era.



His personality was a harmonious blend of a saint, spiritual scientist, yogi, philosopher, psychologist, writer, reformer, freedom fighter, researcher, eminent scholar and visionary. He pioneered the revival of spirituality and creative integration of the modern and ancient sciences and religion relevant in the challenging circumstances of the present times. In 1979, he founded the Brahmavarchas Research Institute, the research center in Haridwar (India) dedicated to the integration of the modern and ancient sciences in a practical way motivated by the noble goal of health and happiness for all. This center houses well equipped laboratories of Haemetology, Biochemistry, Neurophysiology, Cardiology, Phytochemistry, Psychometry, Yagyopathy etc.

At the age of 15, (Jan 18^{th}, 1926) a great Himalayan yogi, Swami Sarveshvaranandji appeared before him in astral body from the flame of the Dipaka (lamp) and guided him throughout his entire life. The next 24 years of his life were devoted to 24 Mahapurashcharanas –each consisting of the rhythmic recitation (japa) of 2.4 million Gayatri Mantra with strictest of disciplines. In 1943, he married Bhagwati Devi, and ever since, the saintly couple dedicatedly pursued the noble mission of spiritual upliftment of humankind.

Realizing the potential of inspiring literature and its relevance in the present era of intellectual evolution, he had chosen writing as the principal mode towards uprooting the evil tendencies and blind faith from people's minds and arousing the indwelling wisdom, strength and spiritual bliss. He wrote about 3000 enlightening books in Hindi on almost all topics concerning human life. He translated the entire Vedic Vangmaya (4 Vedas, 108 Upanishads, 18 Puranas etc.) in Hindi elucidating the tradition, style, universality and history of Vedic Literature. He also practiced higher-level Sadhana on the arduous heights of the Himalayas and established enliven contact with the Rishis of the Himalayas. During 1984-1986, he carried out the unique spiritual experiment of Sukshmikarana, meaning sublimation of vital force and physical, mental and spiritual energies. He authored a special set of 20 books highlighting the future of the world and conveying the message of the dawn of the New Era of Truth during the 21st Century. On 2nd June 1990, he voluntarily shed his physical sheath.

For more information:

To find out more about Shriram Sharma Acharya and his spiritual establishment visit www.awgp.org

Dev Sanskriti Viswa Vidyalaya is a university envisioned by Shr Ram Sharma Acharya to meet the pressing need to impart global education on scientific spirituality and life style with new thought of ethical, moral and spiritual transformation. Visit www.dsvv.org for more information.

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